

Dancer

Not

Dementia

Too often, stereotypes and prejudices reduce the identities and experiences of people living with dementia to the diagnosis of dementia. Let's challenge dementia-related stigma through dance.

Research on aging and brain health finds that dance offers a unique combination of physical, mental and social benefits for older adults. Dance may be socially and emotionally beneficial to older adults by reducing isolation and creating a sense of community and space for creativity and artistic expression.

Celebrate the creativity, joy, playfulness, community and connection of dancers living with dementia and their carers. Broaden opportunities and experiences that highlight the power of dance for people living with dementia.

CANADA'S
NATIONAL
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SCHOOL
Sharing Dance

Lozinski Centre for
Community Dance

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