



DIVERSE ABILITIES DANCE CLASS WITH JADE DE TREY

Jade de Trey is a passionate dancer and teacher. She also works as a community support worker for diverse-abilities adults.

Tuesday's 1-2:15pm
May 12- June 16th

**the Lewis Center
and outside!**

THE CLASSES ARE FREE
but commitment is required

A class for all abilities; someone in a wheel chair, someone with physical or cognitive challenges and maybe a professional dancer! Lets see how we can meet in our similarities and celebrate our uniqueness through dance! Body warm ups, brain dance, creative exercises, stretch, visualization and FUN! Optional group performance at the finale. Lift your spirit, meet new people, expand your horizons!

MADEINBC dance on tour



FMI visit www.Dancewithjade.ca or call 250-703-0842