



# Carefirst Seniors & Community Services Association 耆暉會

## Dancercise 2 weeks Open House



### 帶氣排舞運動班 (推廣週)

耆暉會與社區知名排舞老師 Winnie Yu 繼續合作，推動《帶氣排舞運動》，除了關顧身體健康的重要外，也放在《放鬆，帶來好心情》這個精神健康的意念上。在《帶氣排舞運動》班，導師以簡易步法隨音樂拍子編撰舞步，讓參加者在跳舞時伸展身體，放鬆緊張肌肉，促進血液循環以保持手腳靈活，增加全身柔軟度；亦有助消耗熱量，保持理想體重。以優美輕鬆的音樂加上自然簡易的舞步，可以讓自己釋放壓力，感覺放鬆，帶來好心情。Dancercise is a whole-body workout that's actually fun. It is good for your heart, it makes you stronger and it will help with balance and coordination. Your Instructor will lead you through a series of choreographed steps. Good for beginners with some understanding of line dancing.

#### Day

11:00 am—1:00 pm  
(2 sessions @50-min each)

Jan 20 & 27 (Wed)

- Hilda Ku (DancePooh)

Jan 21 & 28, 2016 (Thu)

- Elsa Lee (DancePooh)

Jan 23 & 30, 2016 (Sat)

- Dodo Wong (DancePooh)

#### Night

7:30 pm—9:30 pm  
(2 sessions @50-min each)

Jan 20 & 27 (Wed)

- Winnie Ye (DancePooh)

#### Enquiries & Enrolment:

##### Carefirst North Toronto Wellness Centre

300 Silver Star Blvd., Scarborough, ON, M1V 0G2

Wellness Centre Hotline: 416-847-8939

Email: [wellness@carefirstseniors.com](mailto:wellness@carefirstseniors.com)

Website: [www.carefirstseniors.com](http://www.carefirstseniors.com)

#### DancePooh Team

Dodo Wong: 905-887-3363

Elsa Lee: 647-882-4606

Hilda Ku: 905-881-2496

Winnie Ye: 647-470-6188

Website: [www.dancepooh.ca](http://www.dancepooh.ca)

