

3<sup>rd</sup> Annual Senior Living and Learning Seminar

# The Power of Music and Movement

*A fun workshop for and about seniors! For all levels of physical ability*



Providing Help. Giving Hope.  
ccsem.org

Movement is helpful for a healthy body and brain. Experience a playful approach to movement through mindful and expressive dance! This program is sure to get your body moving, your mind expanding, and bring you joy.



## PRESENTER

**Kaitlynn Sinke R-DMT, LLPC, CYT**, registered dance/movement therapist at Michigan Medicine's Silver Club Memory Care Program. Kaitlynn holds a

master's degree in dance/movement therapy and professional counseling, and specializes in therapy and healing through creative expression.

Participation at event constitutes voluntary consent to use likeness for media purposes.

Learn more about the services available for seniors at Catholic Charities of Southeast Michigan from **Herschell Masten**, Director of Senior Services and Hispanic Outreach.

**Wednesday, August 23, 2017**

**10:00 am to 1:30 pm**

**Petruzzello's Banquet & Conference Center**

**6950 Rochester Rd, Troy, MI 48085**

**FREE PARKING AND ADMISSION  
DOOR PRIZES AND GIVEAWAYS  
FREE LUNCH**

**RSVP to Trista Johnson at 248-559-1147  
ext. 3941 or [johnsont@ccsem.org](mailto:johnsont@ccsem.org) by July 31**

**Space is limited to earliest RSVPs**

**If desired, please request vegetarian sandwich at registration.**

Sponsored by the Senior Services Program of Catholic Charities of Southeast Michigan, which is funded by the Corporation for National & Community Service and the Michigan Aging & Adult Services Agency.

