

Dance it OUT



Take charge of your mental well-being

● JourneyDance™ is a conscious movement practice to express yourself, nourish your body and feel empowered.

JourneyDance™ is for everybody and anybody! No dance experience needed.

WHY?



Rediscover

Rediscover the connection between your mind and body.



Creativity

Use experiences and emotions to create.



Support

Receive support from other group members in a safe environment.

Make your mental health a priority and reconnect with your body in a supportive creative environment. Find your creativity within yourself and your movement!

Mondays
6pm-7pm

Location:
Richard Hall Community
Health and Wellness Center
500 N. Bridge St.
Bridgewater, NJ 08807

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