



**Yee Hong Centre
For Geriatric Care**

頤康中心

DANCE  DNA

I Can Dance

is a free dance fitness program offered by the Yee Hong Centre and Dance DNA Studio for seniors and/or individuals living with chronic conditions.

This weekly group program aims to **enhance** the **physical, emotional, and social wellbeing** of participants through ballroom dance.

I Can Dance 是由頤康中心及 Dance DNA
合力為長者/長期病患者推行的交誼舞蹈健體計劃。

透過每星期交誼舞蹈訓練, 旨在提升參加者之生理、心理及社交健康。

First day of classes:

January 14th, 2021 at 11:00AM (ET)

首日課堂舉行日期及時間:

2021年1月14日 (東岸時間早上11:00)

Options for in-person or virtual (Zoom) classes

參加者可選擇參加實地課堂或網上(Zoom) 課堂

For inquiries or to register, please contact:

查詢或報名,請聯絡:

- Alice.Fu@yeehong.com
- 416-412-4571 x 2361

Or complete [this registration form](#) 或填妥此報名表格

