



THE PATRICK DEMPSEY CENTER FOR  
**Cancer Hope & Healing**

At Central Maine Medical Center

*Improving the quality of life for individuals, families, and communities impacted by cancer through support, education, integrative medicine, outreach and prevention. We strive to embrace the whole person using a collaborative and holistic approach.*

# ***Dance for Life!***

## ***A Free Workshop and Evening Performance***

Dance promotes a thriving mind-body connection, which is liberating and healing. Dance can promote relaxation, rebuild strength and enhance range of motion.

Some promoters claim that dance therapy may strengthen the immune system through muscular action and physiological processes and can even help prevent disease.

**On August 20**, the Dempsey Center will host *Body Stories: Teresa Fellion Dance* from New York City. We invite dancers, as well as those with no dance experience, to two spectacular events.

Join Teresa and her dancers from **3:30 - 5:30 p.m.** for an interactive workshop and learn some gentle dance moves. Then in the evening, enjoy a spectacular, free performance at the Franco American Heritage Center from **7:30 - 8:30 p.m.**

People of all ages and backgrounds are encouraged to attend both events. See page 4 for more.



**All offerings are FREE! Register by phone or online:**

(207) 795-8250 • toll-free: 1-877-336-7287 • [www.dempseycenter.org](http://www.dempseycenter.org)

# Dance for Life!

## Workshop and Performance

**WHEN:** Monday, Aug 20  
**WHERE:** Franco-American Heritage Center  
46 Cedar St., Lewiston

### **WORKSHOP: 3:30 - 5:30 p.m. (Limited to 30 participants)**

Join other cancer patients, survivors, and family and friends in a supportive environment of fun, and gentle movement. Beyond a traditional modern dance class, this workshop allows you to grow, heal and flourish through movement. This class is also for patients to regain inspiration, and to be able to take an active role in their recovery and treatment. Nourish your body, mind and spirit through the joy of dance. No experience necessary. Comfortable clothing, footwear, and even bare feet are welcome! People of all ages and backgrounds are encouraged to attend.

### **PERFORMANCE: 7:30 - 8:30 p.m.**

Don't miss this opportunity to see BodyStories: Teresa Fellion Dance, a modern dance company from New York City! Get ready for a night of athletic, musical, fun and fascinating dance. Performances include a comedy about the awkward Jr. high school years; a quartet representing the growth, intimacy, separation, and parallels of human relationships; and a highly technical, rhythmic piece where dancers become chock full of manic activity as they fling, throw, jerk, jump, stiffen, fall, roll, lift, and engage sometimes challenging their capacity of control."

**Presented by:** Body Stories; Teresa Fellion Dance  
**Appropriate for:** Anyone  
**More:** [www.bodystoriesfellion.org](http://www.bodystoriesfellion.org)

*Franco American*  
Heritage Center



*Le Centre d'Héritage Franco-Américain*

