

HP Living Well Community/ MMHG Wellness

African Dance

October 1, 8, 15, 22, 29

5:30– 6:30 pm

**Attend this FREE virtual class from
your computer, tablet, or smartphone!**



Experience the joy of African Dance, celebrating cultural expression through rhythmic movement! This welcoming class is open to all ages and abilities, with no prior experience required. Move to energetic drumbeats in a lively, accessible workout built for everyone to enjoy.

No need to register in advance.

Classes are open to everyone at no charge. Access classes at this [link](https://www.harvardpilgrim.org/public/living-well/fitness-classes) or <https://www.harvardpilgrim.org/public/living-well/fitness-classes>

This webinar is free and open to all.

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