

HP Living Well Community/ MMHG Wellness Webinar

Belly Dance

September 3, 10, 17, 24

5:30– 6:30 pm

Attend this FREE webinar from your computer, tablet, or smartphone!



Get ready for a fun, low-impact cardio dance class that blends hip and torso isometrics with travel steps and fun foot patterns to fire up your core, improve posture, and boost body confidence. In this energizing 60-minute session, all levels are welcome to enjoy the beauty of belly dance set to upbeat music—moving, stepping, shimmying, and smiling the whole way through!

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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