

Somerville Council on Aging

Music & Movement

Tuesday, March 21st at 1:30pm

***Class date and time change for month of March
*Holland Street Center: 167 Holland Street***

Music & Movement Enrichment with Steve Gintz

Steve plays guitar, sings and leads gentle body movements while showing us that exercise can come in all different forms and movements. Just tapping your toe or singing along can help move your body in new ways.

Being physically active is not only good for our bodies, but is also one of Mental Health America's 10 tools to building resiliency by increasing happiness and reducing anxiety, depression, stress and tension.

*For more information, please call Phelan at 617-625-6600 x2315,
or email phowell@somervillema.gov*