

Conference on Aging

Creative Movement for Seniors

Compiled and shared by Kate Stark, Cincinnati Ballet

Silver Sneakers

<https://www.youtube.com/@silversneakers>

Dance for Parkinson's

<https://danceforparkinsons.org/>

National Library of Medicine:

*The Effectiveness of Dance Interventions to Improve Older Adults' Health:
A Systematic Literature Review*

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5491389/>

National Library of Medicine:

Body Adaptation to Dance: A Gerontological Perspective

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8139205/>

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Supporting Partners:



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