

**HP Living Well Community/ MMHG Wellness Class**

# **Cardio Dance Sampler: African Dance**



**Thursdays, June 4, 11, 18, 25**

**5:30– 6:30 p.m.**

**Attend this FREE webinar 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](#) or <https://www.harvardpilgrim.org/public/living-well/health-and-wellness-webinars>**

**This webinar is free and open to all.**

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