



# Rimbala™: Movement Through Music!

Developed by Dr. Daniel Rubinoff, Rimbala™ combines live, improvised music with simple movement activities to help seniors improve balance and mobility. The improvised music in Rimbala™ invites seniors to develop brain plasticity and prevent falls in a joyful and social environment. This dynamic program based on research studies offers people a fun way to improve balance, mobility and brain plasticity!

### Benefits of Rimbala™ include:

- Increased regularity of gait
- Improved sense of balance
- Increased flexibility and movement
- Improved sense of well-being
- Deeper appreciation of music to inspire us emotionally



Where: Mosaic Home Care & Community Resource Centre (**Markham Office**)

Dates: **Friday March 16th, 2018.**

**No Charge for event. Refreshments provided.**

Time: **1:30 p.m. to 3:00 p.m.**

**Free parking. Close to public transit.**

~RSVP by Friday, March 9th, 2018.

**Located on the Lower Level by Centre Court.**



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Located at The Shops on Steeles & 404 | Lower Level by Centre Court |

Free Parking and Elevator Access

