



WHY PARTNER WITH DREAMBIRD?

EXPERT GUIDANCE:

Amy brings years of experience and a deep passion for dance to every lesson.

TAILORED PROGRAMS:

We create custom dance programs to meet your community's specific needs and preferences.

TRANSPARENT PROCESS:

Clear contracts and liability waivers ensure a smooth, worry-free partnership.

TRANSFORMATIVE RESULTS:

Watch as your residents flourish and thrive through the power of dance.



WATCH YOUR COMMUNITY FLOURISH THROUGH DANCE

"THERE ARE SHORTCUTS TO HAPPINESS, AND DANCING IS ONE OF THEM."

~VICKI BAUM

Take the first step towards a healthier, happier community by partnering with DreamBird Dance Mindful Motion. Contact us today to schedule a meeting with Amy and embark on a journey where every step is filled with the pure joy of dancing.



Hi, I'm Amy.

DREAMBIRD DANCE HAS BEEN A DREAM OF MINE FOR MANY YEARS AND I'M THRILLED IT'S FINALLY COME TRUE!

I am a Certified Group Fitness Instructor through the American Council on Exercise (ACE). I hold a Bachelor's Degree in Community Health Education and I've been dancing since I was three years old. I have been choreographing and teaching dance routines since high school. I am certified in CPR and I am a competitive ballroom dancer.

WELCOME TO THE DREAMBIRD DANCE COMMUNITY! I CAN'T WAIT TO MEET YOU!



DREAM BIG. DANCE BOLDLY. WITH DREAMBIRD.

- 702-419-8078
- www.dreambirddance.com
- dreambirddance@gmail.com
- Dreambirddance
- Dreambirddance



DREAMBIRD™ DANCE

MINDFUL MOTION PROGRAM





ENRICH YOUR COMMUNITY WITH

DREAMBIRD™ DANCE

MINDFUL MOTION PROGRAM

Are you looking to add joy and movement to your community? Discover the transformative power of dance with DreamBird Dance's Mindful Motion Program! Our program is specially designed for seniors ages 60+ to stay active, engaged, and connected through the magic of dance.

WHY CHOOSE DREAMBIRD DANCE MINDFUL MOTION?



EXPERT INSTRUCTION:

Led by Amy Heffel, a Certified Group Fitness Instructor with the American Council on Exercise, our program ensures top-notch guidance. Amy's extensive background in dance and a Bachelor's degree in Community Health Education make her the ideal instructor to promote physical and mental well-being through movement.

ON-SITE CLASSES:

We understand the value of convenience for your residents. With DreamBird Dance, there's no need to travel - we bring the dance studio directly to your center! Our on-site classes make it easy and accessible for seniors to participate.



FUN & EASY SESSIONS:

Our 45-minute dance sessions are designed for seniors of all ability levels. Our routines are tailored to promote enjoyment and engagement, whether standing or sitting. Watch as your residents light up with laughter and camaraderie!

DANCE TO NOSTALGIC TUNES:

DreamBird Dance brings a soundtrack of memories to life! Seniors will groove to the music genres they grew up with, from the iconic sounds of the 50s to the disco fever of the 70s. Imagine dancing to Frank Sinatra's classics, rocking out to Elvis, and twirling to beloved country tunes. Our program celebrates the music that shaped their lives.



ALZHEIMER'S & DEMENTIA SUPPORT:

Clinical studies have highlighted the profound benefits of dance therapy for individuals with Alzheimer's disease and dementia. Discover the positive effects on physical and cognitive function, psychological well-being, and overall quality of life. (Sources: <https://pubmed.ncbi.nlm.nih.gov/31345149/>, <https://pubmed.ncbi.nlm.nih.gov/28714391/>)

MENTAL HEALTH:

Dance isn't just good for the body—it's a powerful tool for improving mental well-being. Research shows a significant reduction in depression among older adults who participate in dance interventions. Lift spirits, boost mood, and promote emotional well-being through the joy of dance. (Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10813489/>)



BENEFITS OF DANCE FOR ADULTS, AGES 60+

PHYSICAL WELLNESS:

Studies have shown that dance is more than just movement—it's a pathway to improved physical health. From enhancing aerobic power to boosting lower body muscle endurance, strength, flexibility, balance, agility, and gait, dance offers a holistic approach to fitness. (Source: <https://pubmed.ncbi.nlm.nih.gov/19940326/>)



DreamBird™ Mindful Motion

SOCIAL CONNECTION:

Dance programs provide more than just physical activity—they offer a vibrant platform for social interaction. Your residents will build friendships, camaraderie, and a sense of community as they move to the rhythm together. (Source: <https://onlinelibrary.wiley.com/doi/full/10.1111/nhs.13032>)

Empower your community to discover the transformative power of movement, music, and mindfulness with DreamBird Dance Mindful Motion!



3 EASY STEPS TO BRING DANCE TO YOUR COMMUNITY:

Imagine the smiles, the laughter, and the pure joy of seeing your residents come alive through the magic of dance. DreamBird Dance Mindful Motion is here to partner with you on this transformative journey.

1. MEET WITH AMY – YOUR DANCE PARTNER:

Begin by meeting with Amy, our passionate and experienced dance instructor. Amy will sit with you to understand your community's unique needs, preferences, and goals. Whether enhancing physical wellness, fostering social connection, or simply bringing joy into everyday life, Amy is here to tailor the perfect dance program for your residents.

2. AGREE ON, AND SIGN CONTRACT:

After you meet with Amy, she will craft a personalized contract based on your discussions. This contract will outline all the details, including fees, payment options, and the dates and times for the dance lessons. We believe in transparency and collaboration, ensuring that every step of the process aligns with your vision for your community.



3. LIABILITY WAIVERS FOR PEACE OF MIND:

Before the dance lessons start, all participating residents and individuals will be required to sign liability waivers. These waivers serve to protect both DreamBird Dance Mindful Motion and your organization, providing peace of mind as your community embraces the joy of movement.

THAT'S IT! WATCH THE TRANSFORMATION UNFOLD:

With the paperwork complete, it's time for the magic to begin. Sit back and witness the incredible transformation as your residents and the individuals you serve immerse themselves in the world of dance. From improved physical health to boosted spirits and enhanced social bonds, the benefits of dance are boundless.

