Attendees of the adult care centre took part in a course on dance therapy today, marking the start of individually-tuned weekly sessions geared towards helping each of the course's 36 participants—some seniors, some people with disabilities—no matter their particular level of functioning.

Sessions will be led by teachers from the School of Music and Dance, though a physiotherapist from the Formentera Day Centre will also be on hand helping participants to improve mobility and shaping an enriched sensorial environment using, among other things, music. Sessions last for one hour, and individuals with disabilities will meet on Thursdays, while the seniors' group meets Fridays.

With a more complete roll-out under way following the success of a trial-run in May and June, the course has been incorporated into curriculum and will continue until July. The course happens thanks to the joint efforts of the School of Music and Dance and Day Centre, both of which operate under the umbrella of the Consell de Formentera.

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Department of Communication
Consell de Formentera