Step Into Life
A Modern and Creative Dance Class
Offered by the Linda B. and Robert B. Wiggins Wellness and Integrative Health Center

Step Into Life is a therapeutic dance experience for the mind, body, and spirit.

When
Wednesdays
5:30-6:30 p.m.

Where
Cancer Learning Center
Multipurpose Room, 6th Floor
HCI Cancer Hospital

Who
All HCI patients are welcome, all ability levels

Instructors
from the University of Utah Tanner Dance Program

Wear clothing that is comfortable to dance and move in

For more information, call the Linda B. and Robert B. Wiggins Wellness and Integrative Health Center at 801-587-4585.