

## **African Dance and Movement Therapy – Event Program**

**Date:** Saturday, August 23, 2025

**Time:** 12:30 PM - 3:30 PM

**Location:** Garfield Community Center

Free admission. All ages welcome. Come ready to move!

### **Session 2: Program Schedule:**

<b>Time</b>	<b>Activity</b>	<b>Description</b>	<b>Facilitator(s)</b>
12:30 PM – 12:40 PM	<b>Registration</b>	<i>Arrival, sign-in, and light refreshments</i>	IG Volunteers
12:40 PM – 1:00 PM	<b>Cultural Storytelling</b>	<i>Workshop on dance's role in healing and personal identity</i>	Andrew Ssebulime
1:00 PM – 1:40 PM	<b>Drumming Workshop</b>	<i>Interactive session exploring rhythm, cultural significance of drums, and African musical instruments</i>	Anokye Agofoma
1:40 PM – 1:50 PM	<b>Bio Break, and Networking</b>	<i>Opportunity to connect, share stories, and recharge</i>	IG Volunteers *move drums, set dance floor
1:50 PM – 2:10 PM	<b>Movement Workshop</b>	<i>Dance Therapy Techniques, participants learn and practice movements that incorporate therapeutic principles</i>	Joojo Anokye Agofoma
2:10 PM – 2:40 PM	<b>Drum &amp; Dance Showcase</b>	<i>Featuring participant performances and live demonstrations</i>	All Participants, Anokye Agofoma
2:40 PM – 3:00 PM	<b>Surveys, Closing Remarks</b>	<i>Complete feedback surveys, and hear final reflections from facilitators</i>	All Participants Andrew, IG + SPR
3:00 PM – 3:20 PM	<b>Community Wrap-Up + Lunch</b>	<i>Gratitude circle/group photos, Lunch &amp; Networking</i>	All Participants
3:20 PM – 3:30 PM	<b>Cleanup</b>		Volunteers