

# **Movement for Mobility Provides Free First Class for Food Bank Donation**

**Reno, NV - Feb. 12, 2008**

A new class specifically designed for people who suffer from chronic pain, disease, diabetes or have challenges with mobility, weight or obesity is being offered Thursday's from 7 to 8 p.m. at Ballet Nevada, 2920 Mill St.

A special introductory offer for this beginners stretch and dance class for both teens and adults allows first timers to take a class for a donation of two non-perishable food items that will go to the Northern Nevada Food Bank. The class is regularly \$5 per class.

"This class is designed to increase ease of movement, flexibility and self-esteem," says Carrie Wick, director of Ballet Nevada. "Our hope is individuals will find joy and inspiration from music, moving their body and the magic of dance."

Participants are encouraged to wear comfortable clothes and sneakers. Ballet Nevada studios are held upstairs at the southwest corner of Mill and Terminal, behind QuikStop. Call 775-329-2026 for more information or email [info@balletnevada.com](mailto:info@balletnevada.com).