As the Executive, Lifestyle or Program Director of a senior living community…

Thank you for the important work you do! Your decisions facilitate life-enriching opportunities that directly impact your residents to live healthier and longer. I want to be your resource!

I’m Barry Brooks Brooks and I created Movement as Medicine, a monthly video fitness/dance class that brings fun exercise while fueling and strengthening brain health and increasing flexibility and stamina. Everyone has a great time when we dance together!

I am a certified Zumba instructor for more than ten years exclusively serving Independent, Assisted Living, and Memory Care residents in the finest senior communities. This monthly online program makes it possible for more seniors to experience the physical, mental and emotional benefits of Movementasmedicine.online.

I offer two levels of classes, targeting different levels of mobility. Below are examples of each class:

Chair Dancing Demo

Boogie Up! Demo

You’ll see: Movement As Medicine will not only benefit your residents but will also be a differentiator that sets your senior resident community above the rest!

Exclusively for Touchtown subscribers, pricing is only $59.95 per month to receive both Boogie Up! and Chair Dancing videos each week.

Want to know more? To see how the program works and to read testimonials from residents and Senior Community Professionals like you.

VISIT movementasmedicine.online

For more information and to schedule your first month, contact:

susan@movementasmedicine.online | 602-228-5279

“Your class, Barry, is what keeps me alive!”
- Hilda, resident