

## NEWS RELEASE

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### **Cal State East Bay Explores, Illustrates Mixed Ability Dance**

The possibilities and illustrations of Mixed Ability Dance, involving persons of all sizes, shapes, ages, and abilities will be presented on the California State University, East Bay campus in two admission free programs, a lecture, demonstration and discussion, and an open showing.

“Movement Improvisation for All Bodies” will be demonstrated and discussed on Thursday, Feb. 16 from noon-1 p.m. in the Physical Education Building, room 140, 25800 Carlos Bee Blvd., Hayward. An open showing involving types of improvisations, including those by persons in wheelchairs and using canes, will be presented on Thursday, March 9 from noon-1:30 p.m. in the same location.

The first offering will include discussion by Eric Kupers, CSUEB Department of Theatre and Dance lecturer, about issues of disability in dance, and how dance improvisation relates to psychological healing. Co-leading the discussion will be a counselor from the CSUEB Resource Center. The demonstration will include improvisational techniques they are co-creating in the current class, “Mixed Ability Dance.”

In the second event, students from the class will share the types of improvisations that have developed, as well as choreography developed in other dance classes.

“If you have ever felt out of place in a dance environment because of your unique body and alternative mobility, these presentations will show you how capable you really are,” said Kupers.

“These will be two very inspirational presentations,” said Alden Reimonenq, dean of the College of Letters, Arts, and Social Sciences (CLASS).