

THE COLUMBUS-ATHENS SCHWEITZER FELLOWS PROGRAM

Purpose: To facilitate service projects to benefit the Columbus and Athens communities, and simultaneously develop emerging professionals who have the skills to address unmet health-related needs throughout their careers.

**THE ALBERT
SCHWEITZER
FELLOWSHIP**
*Addressing Health Disparities
by Developing Leaders in Service*

In Motion: Movement Classes for Adults Over 50



Project summary

In Motion is a twice-weekly movement class for adults over 50 designed to build strength, coordination, range of motion, and creative skills. Each class is one hour long and concludes with snacks and conversation.

Partner

Classes were designed in partnership with the Clintonville-Beechwald Community Resources Center and held at Clinton Heights Lutheran Church.

Project objectives

- Improve strength, flexibility, range of motion and balance
- Increase knowledge of improvisational and choreographic methods
- Develop facilitation and leadership skills
- Increase opportunities for physical activity and social interaction among adults over 50 in Clintonville and Beechwald



Impact

- 30 participants served
- Strong community of artists built
- Exposure to dance through weekly classes, guest teachers, and trips to see performances
- Development of movement and choreographic skills



Feedback

I can sit down or do what my body allows me to do for the day and choreograph some mean moves, perspire, and marvel that I can move at all. From the time she greets each student the learning/teaching begins. She values the life experiences of the older crowd and we value the wisdom of her youth. --Pam

Each week gave me the feeling that my body and life could move and respond in ways that surprised me! --Eric

Special thanks

Site mentors Megan Gish and Christine Happel, Academic mentor Dr. Melanye White Dixon, Clinton Heights Lutheran Church, The Department of Dance

Community partner



Sarah Levitt

The Department of Dance
College of Arts and Sciences
The Ohio State University



“Start early to instill in your students awareness that they are on this earth to help and serve others; that is as important to pass on to them as knowledge.”

—Albert Schweitzer, PhD, MD