

## BALLERINA DREAMS

This past spring our daughter Britney, had the opportunity to participate in an amazing program put on by the Cerebral Palsy Association called Ballerina dreams. This was a modified, therapeutic dance program. The dance instructor was an Occupation therapist and she had 2 physiotherapists to help at each class, as well as at least one teenage mentor per dancer to help them participate. The dancers mobility ranged from being fairly independent to others needing equipment such as braces, walkers and wheelchairs. The classes ran for 8 weeks on Saturdays for approximately an hour out in St. Albert. It was an hour of Physio that Britney did not even realize she was doing because she was enjoying herself soooo much!!! Although it was quite a hike for us to get there, the smile on her face each week made it was well worth the effort. Britney was surrounded by kids just like her doing what she loved and she loved every minute! Her dream has always been to be a "Ballet dancer" when she grows up and now she's on her way!! The 8 weeks were wrapped up with a final recital where they all got to dress up and have their hair and makeup done by their mentors! Global TV came out and did a special segment about the program on Health Watch. Britney loved watching herself on TV!! We are definitely looking forward to it starting up again hopefully this fall.

