



ZUMBA

Movement for your mental health

Saturdays 9:00AM

weekly at Emerge Therapy



emerge

MULTIFACETED THERAPY

What: Zumba is a 45 minute led aerobic dance class to latin-styled music. Classes will be designed to encourage participants to follow along to fun, upbeat music, allowing them to sweat, raise their heart rate, and relieve some stress through movement.

Where: **In Person at Emerge Therapy**
1505 E. Carson St. Third Floor Pittsburgh, PA 15203

When: **Saturdays 9:00AM-10:00AM**
Weekly - Starting September 10th

Who: Zumba is a low-impact exercise with various levels, making it accessible to everyone! No previous experience is necessary.

Cost: **Free!** We just ask that you *sign up ahead of time* by emailing **jgiuffrida@emergetherapypgh.com**



Jessica Giuffrida

Jessica is a second-year graduate student at the University of Pittsburgh's Clinical Rehabilitation and Mental Health Counseling program. Previously, she graduated from the University of Pittsburgh with a Bachelor's of Science in Applied Developmental Psychology.

As an intern for Emerge Therapy, she is excited to gain experience working with individuals, couples, and families, as well as assist with group sessions. She takes an integrative and person-centered approach to counseling, as she intends to cater to each client's needs and goals.

Additionally, because of her background in development, she seeks to help clients explore their childhoods and relationships through a psychodynamic lens. She is eager to learn and is looking forward to working with you!