

MESSAGE OF HOPE

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Dancing Beyond Limits

By Mike Molacek

The Hope Presbyterian Church Gym hosted 33 dancers from Dancing Beyond Limits for their fall recital on November 13th. This space served as an accessible venue to showcase the hard work of our inclusive dance group for friends and family. The church has been a welcoming space for dancers with mobility limitations since 2016. Dancing Beyond Limits is thankful for the gift of an open space to perform and celebrate the accomplishments of each dancer. This year's performance included 3 classes with dancers ages 3-23, and a trio of dancers who traveled from the Lincoln team.

Dancing Beyond Limits (DBL) is a group of phenomenal youth in Lincoln and Omaha who have gone beyond their own limitations to pursue a love for dance, yoga and fitness. Alongside a volunteer, each student is challenged to move beyond physical or developmental limits in an uplifting environment. Confidence, teamwork, and friendship are foundational elements instilled through DBL, a non-profit adaptive recreation organization.

