

Evolve Dynamicz presents LUCIDITY



Cambridge, MA- August 1st, 2019- The Dance Complex presents Evolve Dynamicz's LUCIDITY, for one night only on October 4th 2019 at 8pm.

Lucidity : brightness; luminosity; the quality of being easily understood.

LUCIDITY is an evening length curation of vignettes exploring the topic of mental health. The women of Evolve feel it is incredibly important to erase the stigma around mental illness through normalizing the sharing of experiences relating to mental health .

Join Evolve as they share their stories of mental health through dance and choreography. They will also be joined by [This is My Brave](#) who will be sharing excerpts of their own stories. The evening will end with a discussion, led by Nicole Harris of MonkeyHouse, between performers and audience members with input from a panel of mental health professionals.

Choreography by: Scilla Bennet, Hayley Forrest, Lisa Giancola, Kaylee Mahan, Alaina Sawyer, and Nicole Zizzi. With Special Guests: Monkeyhouse and This is My Brave.

Tickets and more information are available at dancecomplex.org.

About Evolve: In October of 2015, Evolve Dynamicz was established by Lisa Giancola and Nicole Zizzi with the hope of creating a repertoire to share their mutual passions for life and movement. Since then, the group has grown to include eleven wonderful women. Evolve has presented two full evening length shows, SPACES and circumnavigation, as well as various other works around the Boston and New

England area. Some of our notable performances have been NACHMO NYC, NACHMO Boston, Southern Vermont Dance Festival, Boston Dance Theater's trainee showcase of BTDX, and most recently Boston Contemporary Dance Festival. Evolve Dynamicz has become an oasis for our unique group of strong-willed women— as we each face our own individual life challenges, we support each other and find common ground through the arts of dance, choreography, and movement.

Evolve's Mission: As artists, we seek to confront the challenges of a millennial life with a sense of openness and vulnerability. Our work embraces these challenges with curiosity, intimacy, playfulness, and a deep-seated passion for movement. Our interests in improvisational composition, site specific choreography, and collaboration with our dancers are brought forth in our choreographic processes. With this, we aspire to continually experiment with new vocabularies, ideas, collaborators, and mediums of expression— we are committed to sharing our passion of dance with audiences in all spaces, of all types.

This performance will take place in the loft-style Julie Ince Thompson Theatre where thousands of companies and dancers of international acclaim have explored, created, and shared work for over 30 years.

Beer, wine, and beverages are available for purchase. For accessibility/ADA information, please visit our website. Tickets and more information available at dancecomplex.org