

The Mark Morris Dance Group/Brooklyn Parkinson Group in association with Parkinson's Support Network of Cape Cod and American Parkinson Disease Association of Massachusetts, present

# DANCE *for* PD<sup>SM</sup>

**A free movement class**  
for persons with Parkinson's Disease and  
their partners, caregivers and friends

**Sunday, October 17 2010**  
**2:00-3:30 pm**  
with a panel discussion from 3:30-4:00

**at the YMCA**

2245 Route 132, West Barnstable, MA 02668

Class taught by David Leventhal  
from the Mark Morris Dance Group,  
in collaboration with local teachers  
Dorothy DeLutis Beaton and Jane McDonald,  
with live musical accompaniment.



Photo by Amber Star Merikens

## About the class

**Dance for PD<sup>SM</sup>** is a unique collaboration between the Mark Morris Dance Group and the Brooklyn Parkinson Group, a chapter of the National Parkinson Foundation (USA). The **Dance for PD<sup>SM</sup>** teaching method is built on one fundamental premise: professionally-trained dancers are movement experts whose knowledge is useful to persons with PD. Dancers know all about stretching and strengthening muscles, and about balance and rhythm. Most importantly, dancers know how to use their thoughts, imagination, eyes, ears and touch to control their movements. This popular class is appropriate for anyone with PD, no matter how advanced. No dance experience is required. In chairs, at a barre or standing, you will explore elements of modern dance, ballet, tap, folk and social dancing, and Mark Morris company repertory in a stimulating, enjoyable, non-pressured, social environment in which live music energizes, enriches and empowers. This method has been presented at the International Congress for Parkinson's disease (Berlin, 2005), the World Parkinson Congress (Washington, D.C., 2006), and the Society for Neuroscience (Washington, 2008). Articles about the class have appeared in *Neurology Now*, *USA Today* and *The New York Times* among other publications, and features about the class have been broadcast on NPR, PBS, CBS, and ABC. Classes modeled after **Dance for PD<sup>SM</sup>** now occur in more than 40 communities in the US, Canada, UK and Germany.

For more information and registration, please call 800-651-8466. Preregistration is required.



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