

Mark Morris Dance Group and Brooklyn Parkinson Group, in association with PennMedicine, The Lutheran Settlement House and The 954 Dance Movement Collective, present:

DANCE *for* PD[®]

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

Saturday, November 6
2:00-4:00 pm

at The 954 Dance Movement Collective
954 N 8th St (between Poplar and W. Girard),
Philadelphia

Class taught by David Leventhal
from the Mark Morris Dance Group (Brooklyn,
NY) with live musical accompaniment

▶ To register: Please call or email Julie Stutzbach,
215.829.7651 or julie.stutzbach@uphs.upenn.edu



Photo by Amber Star Merkens

About the class

Dance for PD 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 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 now occur in more than 40 communities in the US, Canada, UK and Germany.