

*Let's All Dance!*

Announces a new opportunity in Marin County

## The Parkinson's Dance Project

### A movement class

for persons with Parkinson's Disease, their partners, caregivers and friends

Every 1<sup>st</sup> & 3<sup>rd</sup> Tuesday  
1-2:30pm

Marin Dance Theatre  
One St. Vincent Drive  
San Rafael, CA 94903  
[www.mdt.org](http://www.mdt.org)

Classes taught by Torri Campbell, Ph.D.  
and Erica Rose Jeffrey

To express interest and/or receive information:  
call (415) 819-2066 or email  
[torriacampbell@yahoo.com](mailto:torriacampbell@yahoo.com)

#### About the class

Modeled after the Dance for PD® program developed by the Mark Morris Dance Group and the Brooklyn Parkinson Group, this class 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 dance 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 choreographic repertory in a stimulating, enjoyable, non-pressured, social environment in which live music energizes, enriches and empowers. Classes modeled after Dance for PD® now occur in more than 40 communities in the US, Canada, UK and Germany. The Marin class will be taught by Erica Rose Jeffrey, LAD! Outreach Director and MDT faculty and Torri Campbell, Ph.D., a clinical psychologist and former professional dancer and teacher. Dr. Campbell trained with the program's founding teachers at the Mark Morris Dance Center in Brooklyn, NY.



Photo by Amber Star Merkens



marin *dance* theatre  
*Serving the community since 1996.*