

The Rock School West

1510 Paoli Pike, West Chester

Tuesdays from 1-2:15PM

Registration: Karen Lynch (610-524-1556 , fxlsl@verizon.net) or Nicole Harmon (610-431-4321)



The Rock School West hosts a sister site that has brought together a diverse group of people with Parkinson's with their friends and families. Says co-founder Karen Lynch: **"I am able to forget my physical limits and just be in the moment dancing to the music."**



Spotlight on Duke

It was Duke's vision to bring Dance for PD to West Chester, and since classes begun he has relished coming with his wife Ann. **"I've been blown away by Dance for PD. I love that you can accomplish exercise in a fun, enjoyable way."**

Comments from participants:

"The instructors seem to understand that it's not you that's different- it's your health that's different... I don't feel invisible or forgotten in this class."

"Dance for PD always makes me feel happy and good about myself. I know I'm doing good things for my body."

For more information:

Contact Wendy Lewis from the Parkinson Council (wlewis@theparkinsoncouncil.org, 610-668-4294) or Julie Stutzbach from Penn Medicine (Julie.stutzbach@uphs.upenn.edu, 215-829-7651)

Or visit:

www.theparkinsoncouncil.org/dance-for-pd.html

Additional photo credits: Kate McCann and Rosalie O'Connor .



Kun-Yang Lin Dancers

Dance for PD in Philadelphia and West Chester



*Feel
the
fun*

*Feel
the
music*



*Feel
better*

Dance for PD in Philadelphia: helping people with Parkinson's disease through the power of dance.

What is Dance for PD?

Dance for PD is a unique dance program specifically designed for people with Parkinson's disease. It helps people affected by PD improve well-being, deal with symptoms and connect with others in the Parkinson's community.

All with PD and family and friends are welcome and no dance experience is necessary. Participants have the opportunity to experience a variety of dance themes including folk dance, ballet, jazz, show tunes, and even Balinese but most importantly, to use the power of music to **move**.

The first class is free so join us for a fun, fulfilling experience!





"It's the perfect kind of movement for Parkinson's disease. A wonderful program."

-Matthew Stern, MD

Director, Parkinson's Disease and Movement Disorders Center of the University of Pennsylvania

954 Dance Movement Collective

954 N 8th St., Philadelphia

Saturdays, 2-3:15PM  

Registration: Keila Cordova
(215-627-1157, 954dmc@gmail.com)

The 954 DMC held the **first ever** Dance for PD class in Pennsylvania, hosting David Leventhal from the Mark Morris Dance Group in 2010. Since beginning regular classes in May, the class has shown a strong following including those who work and cannot make it during



Spotlight on Lori

"You're accepted for who you are and whatever you can do. Dance for PD takes people who have never thought they could dance and allows them to move the best that they can."

A retired special education teacher, Lori is an active and productive member of the PD community, advocating for Dance for PD at the 954 DMC.

 =Parking available within one block

 =Public transit options available

CHI Movement Arts Center, home of Kun-Yang Lin/Dancers

1316 South 9th St., Philadelphia  

Wednesdays, 1-2:15PM

Registration: Ken Metzner (267-687-3739, kyldphilly@gmail.com)

Located in vibrant South Philadelphia, participants can visit the excitement of Italian Market or the shops and restaurants of Passyunk Square before or after class. With engaging and supportive instructors, says one participant "Rhonda and Jessica are so **loving, accepting and inviting**."



Susan with dance teacher Jessica
Photo by Greg Bezanis

Spotlight on Susan

Dance for PD has brought Susan, a former dancer, grace that she thought she lost ten years ago when Parkinson's crept into her life. Now, she looks forward to weekly classes at CHI and even gave a generous donation to Dance for PD. Her resilience is an inspiration to the Parkinson's community.