

# Dance for PD in Philadelphia and West Chester

*Helping people with Parkinson's disease through the power of dance*



Photo by Greg Bezanis

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**.

**Your first class is free** so join us for a fun, fulfilling experience! Visit [theparkinsoncouncil.org/dance-for-pd.html](http://theparkinsoncouncil.org/dance-for-pd.html) for more information.

**Chester County**  
**The Rock School West**  
 1510 Paoli Pike, West Chester  
 Tuesdays from 1-2:15PM  
**Registration:** Karen Lynch  
 (610-524-1556 or  
 fxslsl@verizon.net) or Nicole  
 Harmon (610-431-4321)



**Northern Liberties,**  
**Philadelphia**  
**The 954 Dance**  
**Movement Collective**  
 954 N 8th St., Philadelphia  
 Saturdays, 2-3:15PM  
**Registration:** Keila Cordova  
 (215-627-1157,  
 954dmc@gmail.com).



**South Philadelphia**  
**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 or kyld-  
 philly@gmail.com)



**P** =Parking available within one block

 =Public transit options



Penn Medicine

