



Dancing with Parkinson's at Hutchinson



Photo by: Dagney C. Ernest

Katie Tranzillo of Belfast, right, leads a Dancing with Parkinson's class through a graceful reaching movement last winter at Quarry Hill.

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BELFAST — An easy-to-do dance program especially designed for people with Parkinson's disease will be held at the Hutchinson Center Thursdays from 10 a.m. to 11:15 a.m. starting Sept. 9 and running through Oct. 14.

The dance classes are a combination of being led in dynamic movements, accessible dance steps and opportunities to experience one's natural movement and creativity, according to instructor Katie

Tranzillo. No experience is necessary and, whether standing or sitting, all ability levels can benefit. Walkers and wheelchairs are welcome.

The cost for the six-week program is \$10 per class or \$50 for the six. Caregivers or family members are welcome to share in the fun at no cost. While the program is specially designed for individuals with Parkinson's disease, anyone interested in the program is welcome.

Past participants in Tranzillo's program say the class improves their mood, makes them forget they have Parkinson's, makes them feel good about their movement, shows them they have more creativity than they thought they did and helps them do things they never thought they could do.

Tranzillo said the class also helps participants release tension, increase flexibility, balance and strength, breathe more deeply and vocalize more fully, enjoy a stimulating mental activity that connects mind and body, increase awareness of the body and how it moves and is fun.

Tranzillo has trained with the Mark Morris Dance Center to lead dance programs for people with Parkinson's disease. Participants will explore diverse dance and movement genres including swing, jazz, tap, modern, African, ballet, yoga, chi gong, waltz, cha cha, salsa, marches and more.

For more information, call Tranzillo at [203-915-8371](tel:203-915-8371) or Andrea Walker at 930-6745.

Registration is recommended. To register, call Lillian Scenna at the Parkinson's Information and Referral Center, 781-1735. The University of Maine's Hutchinson Center is on Route 3.

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