

PDdance

Innovative dance classes for people living with Parkinson's disease

Teaching Artist, Cynthia Pegado, BFA

Designed by neurologists and dance choreographers to address Parkinson's disease issues:
balance, flexibility, mobility, coordination, gait, isolation and depression

Wheelchair & Walker friendly - Chairs are provided – You may dance seated!

No prior dance experience needed; Come to any or all classes

No charge, classes are FREE

PDdance inspires artistry and grace while uplifting mood in a pleasant social atmosphere Come
explore movement and music in ways that are enjoyable, stimulating, and creative!

Family members, care-partners and friends are welcome to participate

SUMMER SCHEDULE

Tuesdays May 17 – August 30 – Williamsville: 11:00 - 12:15

Faith United Church of Christ Fellowship Hall, 1300 Maple Road (at Hopkins)

Live piano accompaniment (no class 6/7 or 8/2)

Wednesdays June 8 – August 31 – Buffalo at Canalside: 10:30-11:30

Outside! At the Shark Girl statue, Pearl St/Commercial Blvd

Bring hat and water (no class 8/3)

Thursdays May 19 – September 1 – Kenmore: 1:45 - 3:00

ModDance Studio: 2890 Delaware Avenue at Delaware Road

Adjacent off-street parking lot on Lincoln Blvd (no class 6/2 or 8/4)

Newcomers please register with Cynthia Pegado at cypegado@gmail.com 262-8122

or Chris Jamele at National Parkinson Foundation WNY cjamele@npfwny.org 449-3795

PDdance is officially modeled on Dance for PD® developed by the Mark Morris Dance Group & the Brooklyn Parkinson Group. Classes based on this model are taught in over 100 locations worldwide

Cynthia Pegado, Bachelor of Fine Arts, *cum laude*, Dance Performance
Arts in Healthcare Specialist, leading seniors in dance & physical activity classes
International professional performance career in ballet, Dance for PD® trained

