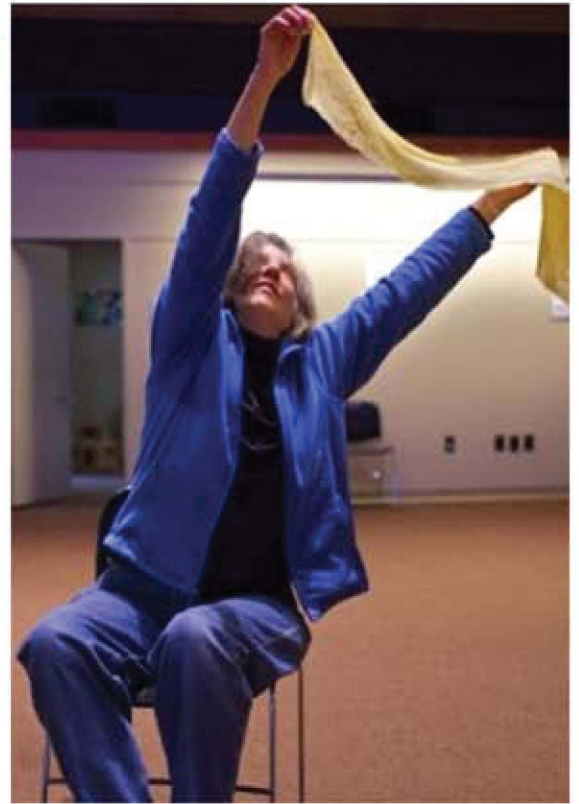




*Do you have a movement disorder?
Balance or coordination challenge?
Just like to move in a group setting?*

**COME DANCE WITH US!
DANCING FOR JOY!**



Gentle, fun, creative movement with inspiring music. Seated and standing options. Open to all: people with Parkinson's and related disorders, companions, interested visitors. Canes, walkers, and wheel chairs welcome.

Mondays 1:30 - 2:45 p.m. - Middletown

Middletown Senior Center, 61 Durant Terrace, Middletown

CONTACT INSTRUCTOR: Laura Richling 203-675-2930 Irichling@neighborhoodmusicschool.org

Wednesdays 10:30 - 11:45 a.m. - New London

Connecticut College: Crozier-Williams Building, 2nd Floor Studio, New London

CONTACT INSTRUCTOR: Rachel Balaban 401-261-7062 rbalaban@neighborhoodmusicschool.org

NEW! STARTING OCT. 7

Fridays 10:00 - 11:15 a.m. - Branford

Trinity Episcopal Church Parish Hall, 1109 Main St., Branford

CONTACT INSTRUCTOR: Laura Richling 203-675-2930 Irichling@neighborhoodmusicschool.org

*Classes are held weekly and are free of charge, funded by grants and donations,
including a generous grant from the Connecticut Parkinson's Working Group.*

For more information, contact Neighborhood Music School, 100 Audubon Street, New Haven CT 06510
203-624-5189 NeighborhoodMusicSchool.org