



GREY MATTERS

DANCE FOR PARKINSON'S | UNIVERSITY OF UTAH

Living with Parkinson's Disease?

Grey Matters, Dance For Parkinson's, can help to alleviate the symptoms of Parkinson's. Each class uses dance and creative activities to help restore balance, improve posture, prevent falls, ultimately living a fuller life with better functioning.

Our program provides classes at several locations, join us and feel empowered!

Mondays

10:15-11:15am

Skaggs Wellness Center
530 Wakara Way

*Free for Wellness
Members

Thursdays

2:15-3:30pm

10th East Senior Center
237 S 1000 E

Free for Public
*Pre Screening Required

Saturdays

12:30-1:30pm

Rose Wagner Center for
Performing Arts
138 W Broadway

\$5 Per Class with
purchase of a 10 class
pass

*For further information on becoming a wellness member or to set up a pre screening appointment, contact Lennie Swenson: lennie.swenson@utah.edu