

# METAIRIE

## DANCE *for* PARKINSON'S

**“This class provides an inspiration to move and is FUN!”**



*Photos (left and middle) by Rosalie O'Connor and (right) Ellis Gaskell, courtesy of MMDG/Dance for PD®*

### **CLASSES ARE FREE!**

September 9, 2019 through May 18, 2020\*

**MONDAYS, 10:30-11:45AM**

**Room 3 at Pontiff Playground | 1521 Palm St., Metairie, LA 70001**

*\*No classes: Dec. 23, 30; Jan. 20; Feb. 24*

Experience the **joy of creative movement and live music** in a fun, welcoming atmosphere! **Drop-in classes** are open to persons with Parkinson's Disease of **all mobility levels**, plus their partners, caregivers and friends. **Dance experience is not required**, and new participants may join at any time! Classes are **modeled after the Dance for PD®** program developed by the Mark Morris Dance Group and the Brooklyn Parkinson Group, whose network of affiliates now spans over 250 communities in 25 countries around the world!

**504-522-0996, ext. 213 | [mwhite@nobadance.com](mailto:mwhite@nobadance.com)**

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