

FLYNNARTS

Movement for Parkinson's

Fall 2019 Session

Monday and Wednesday's 10:00-11:30am

September 9 - December 2

No classes November 25/27



FLYNN STUDENT PERFORMANCE

Offered for people with Parkinson's disease and their caregivers, this dance class is designed to engage participants' minds and bodies through many styles of dance, while exploring stretching, muscle strengthening, postural stability, and rhythm through instruction and energizing music. The classes are offered in a relaxed social environment that emphasizes enjoyment, fun, and creativity, with an eye towards connecting with the community.

No dance experience required. Free to all participants and caregivers.

REGISTRATION ENCOURAGED

Call 802.652.4537 or visit www.flynncenter.org

Taught by M sara McMahan, FlynnArts Faculty member, who is a professional movement performer and educator with extensive training in the Dance for PD® method. Feel free to contact sara McMahan through the Flynn. This class is sponsored by the Flynn Theatre for Performing Arts and the Frederick C. Binter Center for Parkinson's Disease and Movement Disorders at the University of Vermont Medical Center. Funded in part by the Buffum Foundation and Wake Robin.