



## Movement for Parkinson's

Pillsbury at Homestead

64 Harborview Drive, St. Albans

Friday's ~ 10:00-11:00 am

September 20, October 18, November 15  
2019



Offered for people with Parkinson's disease and their care partners, 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 class is 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.**

**FOR INFORMATION** Call 802.881.9673 or email [saramcm28@gmail.com](mailto:saramcm28@gmail.com) or [movement.for.parkinsons@gmail.com](mailto:movement.for.parkinsons@gmail.com)

Taught by M sara McMahon, MA, FlynnArts Faculty member, who has been involved in the research, teaching, and performing of movement/dance for over 40 years. She has extensive training in the Dance for PD® method. Funded in part by the University of Vermont Medical Center, Buffum Foundation and Wake Robin.

