



MOVEMENT FOR PARKINSON'S

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

January 27 - May 6

No classes: 2/24, 3/6, 3/16, 4/20, 4/22



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, and Dance for PD® Certified Teacher. This class is sponsored by the Flynn Theatre for Performing Arts and the University of Vermont Medical Center. Funded in part by the Buffum Foundation and Wake Robin.