

Movement for Parkinson's

**Montpelier Senior Activity Center
58 Barre Street, Montpelier, VT**

Winter 2020

Thursday's ~ 10:00-11:30am
January 9 - April 2



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 class is offered in a relaxed social environment that emphasizes enjoyment, fun, and creativity, with an eye towards connecting with the community. Carer/support partners are welcome.

**No dance experience required. Cost: \$25 MSAC members; \$35 public.
To register, please call the senior center at 802-223-2518.**

FOR INFORMATION

Call 802.881.9673 or email movement.for.parkinsons@gmail.com

Taught by M sara McMahon, MA, FlynnArts Faculty member and a Dance for PD® Certified Teacher. Sara has been involved in the research, teaching, and performing of movement/dance for over 40 years.