



Movement for Parkinson's

Pillsbury at Homestead

64 Harborview Drive, St. Albans

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

March 20, April 17, May 15, June 19
2020



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 or movement.for.parkinsons@gmail.com

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

