



DANCE FOR PARKINSON'S

COMMUNITY CLASSES

Through the generosity of Southminster, The Charlotte Ballet and Parkinson Association of the Carolinas are partnering to bring a **Dance for Parkinson's** class to the Charlotte area. This movement class, in its second year, is for people with Parkinson's disease (PD) and their caregivers.

Modeled after the Dance for PD® program developed by the Mark Morris Dance Group and the Brooklyn Parkinson Group, this class is built on one fundamental premise: professionally-trained dancers are movement experts whose knowledge is useful to the Parkinson's disease community. Dancers know all about stretching and strengthening muscles, and about balance and rhythm. Most importantly, dancers know how to use their thoughts, imagination, eyes, ears and touch to control their movements.

This dance class is appropriate for anyone with PD, no matter how advanced. No dance experience is required. In chairs, at a barre or standing, participants will explore elements of modern dance, ballet, tap, folk and social dancing. The class uses choreographic repertory in a stimulating, non-pressured and social environment, with live music to energize, enrich and empower. Classes modeled after Dance for Parkinson's® now occur in more than 40 communities in the US, Canada, UK and Germany. **Join us today!**

CLASSES ARE HELD

Fridays from 6-7 PM at Southminster
8919 Park Road, Charlotte, NC 28210

CLASSES TAUGHT BY

Teaching Artist Gretchen Jax



FREE OF CHARGE | REGISTER NOW!

704.248.3722 or Toll-free: 866.903.PARK (7275)

Photos by Peter Zay

