**DAPpers**

**Dance  for  All People**

**Scandinavian Community**

**Mondays 2:00-3:00pm**

Instruction by Rachel Balaban, Regional Coordinator for Dance for PD

A group of people in a class

Description automatically generated with low confidence

Class open to people of all ages and abilities and designed for people with movement challenges.

* **Enhance** your physicality — increase coordination and flexibility, strengthen core, and improve balance while releasing body tension
* **Increase** your bodily awareness
* **Grow** your support network — feel encouraged as you explore movement and socialize within a safe and comfortable zoom community
* **Explore** your creativity and have fun

**No experience required. Caregivers welcome**.

**Contact:  Justin Erban at** [**jerban@carelinkri.org**](mailto:jerban@carelinkri.org) **to register**

**Zoom Link:** [**https://carelinkri-org.zoom.us/j/82405977011**](https://carelinkri-org.zoom.us/j/82405977011)

This program is brought to you in part through the generosity of the Rhode Island Chapter of the American Parkinson’s Disease Association

[www.apdaparkinson.org/community/rhode-island/](http://www.apdaparkinson.org/community/rhode-island/)