

# Jewish Family & Children's Service Parkinson's Family Support Program

## ***Do you have Parkinson's disease?***

## ***Do you enjoy dancing and moving to music?***

Join the JF&CS dance/exercise/yoga and support group  
for people living with Parkinson's disease and  
their friends, family, and caregivers.



**8 Session Program meets most Wednesdays:**

*Time: 10:30 – 12:30 p.m.*  
*(\$100 fee for one, \$150 for two dancers)*  
**Financial aid is available**

***JF&CS Headquarters, 1430 Main Street, Waltham***  
**No dance experience needed - beginners are welcome!**

- ❖ Simple movements and gentle stretches adapted to your fitness level
- ❖ Relax and enjoy moving to the music while targeting some of the challenges of PD
- ❖ No difficult choreography to learn
- ❖ Meet others for support and conversation about living with PD
- ❖ Family and care partners are encouraged to participate!

**Instructor:** Art Sullivan has been teaching dance to adults, seniors and special needs clients in Boston, Cambridge, and the Berkshires since 1993. He trained with the Mark Morris Dance Group in Parkinson's dance.

For more information: Contact Nancy Mazonson, MS, OTR, Parkinson's Family Support Program coordinator:  
781-693-5069 or [nmazonson@jfcsboston.org](mailto:nmazonson@jfcsboston.org)

*answers you can trust*

Caring for Generations  
**JF&CS**  
Jewish Family & Children's Service

*Jewish Family & Children's Service is the leading provider of comprehensive human services, delivering personalized and integrated care that improves people's lives.*

Headquarters | 1430 Main Street | Waltham, MA 02451 | 781-647-JFCS (5327)

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