

# DANCE FOR PARKINSON'S

## Come Dance!

This class is designed for individuals with Parkinson's Disease and their spouses, family members, friends, and caregivers. Classes are appropriate for anyone with PD and no dance training is required. We integrate ballet, modern, folk dance, improvisation, and rhythmic styles to engage participants in an experience that develops artistry while also addressing PD-specific concerns such as balance, flexibility, coordination, isolation, and depression. This class is modeled after the Dance for PD® classes developed by the Mark Morris Dance Group and Brooklyn Parkinson Group.



**Next Series: Jan 7 - Feb 25, 2020**

Tuesdays, 2:15 - 3:45pm  
\$150/person

**Instructor:** Fritha Pengelly, MFA

**Location:** Studio Helix, 3rd Floor Thornes Market, Northampton - accessible via elevators

**Parking:** Accessible parking is available on Level 3 of the Gare Municipal Parking Garage and in the Armory Street Parking Lot behind Thornes Market

Contact Fritha at 413.586.2524 or [frithap@earthlink.net](mailto:frithap@earthlink.net)  
Please inquire about scholarships if you need financial assistance.



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