

Dance MOVES for PD

presented by Donna Miceli

COME AND DANCE WITH US at HOME!

Join us the week of June 23, 2020 for virtual group classes of Dance MOVES for PD. These FREE Classes will be held every Tuesday through the months of June AND July.

This live streamed class will be offered via ZOOM to the PD Community and to other persons with mobility challenges, and their Care Partners. [Click here](#) to learn more how to load the free ZOOM app on your home computer, tablet or smartphone. *



Donna Miceli will teach each class, and be assisted by dancer, Carolyn McCarthy. Assistants will be available to demonstrate a seated or standing version of each exercise, providing two options for those who are more comfortable with seated exercises or a more challenging option of standing for each activity. No previous dance experience is necessary.

TO PRE REGISTER and to obtain the ZOOM ID invitation number for access to the classes PLEASE RESPOND to Donna at miceli.dmdc@gmail.com with the following:

NAME
PREFERRED EMAIL
PHONE (Optional)
Any additional information or questions

On the day of the class, we ask that participants sign into each session BEFORE the 11 AM start (no more than 15 minutes prior please). Each session will include an opening/welcome, a 50-60 minute dance/movement experience, with an option of time after class for conversation.

I hope you are all well and moving during this challenging time! I am SO looking forward to creating a community to share in the experience and the joy of dance!

Dance IS for EveryBODY!!!!

Keep moving,

Donna Miceli
Director, teaching artist
Dance MOVES for PD

*If you need any additional assistance loading Zoom please notify us via email and we will help you with this.

On the day of the class, someone will be available to assist you with the ZOOM features 15 minutes prior to class time.