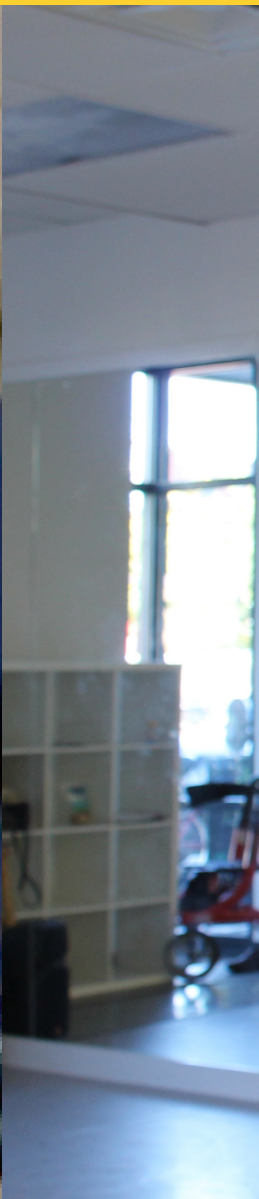




Dance with Parkinson's at Urbanity Dance



**"Physically Stimulating
and Emotionally
Uplifting"**

Tuesdays
10:30am-11:45am
via Zoom

This free class designed for people with Parkinson's Disease keeps individuals moving in a fun, welcoming, and safe environment. Urbanity's instructors will guide you through exercises designed to enhance and maintain mobility, flexibility, balance, posture, coordination, and strength, which are all easily modifiable for various levels of mobility. In this social, creative outlet, participants can discover or rediscover the joy of movement. Caregivers and loved ones are welcome to attend, although not required.

Please email ask@urbanitydance.org for a digital Zoom invitation.