

PARKINSON'S DANCE PROGRAM

Join us at a therapeutic movement dance class for people living with Parkinson's disease.

7 Wednesdays
10:30 a.m. – 12:15 p.m.
JF&CS Headquarters
1430 Main Street, Waltham ♿

FALL 2019 DATES:
Sept 4, 11, 18, 25
Oct 2, 16, 23

- Family, care partners, and friends are encouraged to participate
- Simple movements and gentle stretches adapted to your fitness level
- No difficult choreography to learn
- Relax and enjoy moving to the music while targeting some of the challenges of PD
- Meet others for support and conversation about living with PD
- \$100 fee for one dancer, \$150 for two. Financial assistance is available.



A care partner must accompany participants who require personal care assistance.

**For more information, please contact Art Sullivan at asullivan@jfcsboston.org or 781-693-1336.
To register, contact Anne Muskopf at amuskopf@jfcsboston.org or 781-693-5069.**