

DANCE FOR PARKINSON'S

Northampton



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

*** Winter Series ~ January 2 – February 6, 2018 ***
Tuesdays, 2:15pm-3:45pm

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

Cost for 6-week series: \$115/person (\$25 drop-in)

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

Instructor: *Fritha Pengelly*, MFA, Guild Certified Feldenkrais Practitioner

For more information or to register for this class contact Fritha at **413.586.2524** or **frithap@earthlink.net**

Scholarships may be available. Please ask if you need financial assistance to participate.