

Parkinson's Dance Class



CMC's Wellness Center
195 McGregor Street
Lower Level, Suite LL22
Manchester, NH

Tuesdays, 1:00-2:15PM

8 week sessions \$40

Join anytime

Call 603.626.2626 to register

Join us for specialized dance classes that empower people with Parkinson's Disease to explore movement and music in a safe and creative environment. Dance has proven to be beneficial in addressing PD specific concerns such as balance, flexibility, and coordination. The classes are open to the participants, their friends, family, and caregivers. No dance experience necessary.

For more information contact Kendra Viviers

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CATHOLIC MEDICAL CENTER

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