

DANCE WITH PARKINSON'S AT URBANITY DANCE

Designed specifically for those living with Parkinson's Disease, this FREE dance class focuses on improving mobility, balance, strength, flexibility, and coordination, all while establishing community in a welcoming environment.



Tuesday

10:30am-12:00pm

Urbanity Headquarters

1180 Washington Street
Boston, MA 02118

Thursday

10:30am-11:45am

Youville House

1573 Cambridge Street
Cambridge, MA 02138

Friday

10:30am-11:45am

Urbanity Central

725 Harrison Avenue
Boston, MA 02118

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