

APDA Arizona, in partnership with Dance for PD® and with support from the Simone Charitable Foundation, proudly presents

## Free Online Movement Classes

for persons living with Parkinson's and their families, friends, and care partners

### Tuesdays

11 AM - 12:30 PM AZ time

April 4 - May 30

Online via Zoom

Classes offered free of charge  
and led by  
Dance for PD®-trained teachers  
Alison Marshall and Debbie Braganza



Register by email:  
[lesquer@apdaparkinson.org](mailto:lesquer@apdaparkinson.org)

### About the program

Come explore movement and music in ways that are enjoyable, stimulating and creative. Based on the award-winning Dance for PD® method, this interactive, research-backed class is appropriate for anyone with PD, at all levels of ability and mobility. No dance experience is required. You'll explore elements of modern dance, ballet, creative movement, jazz, and social dancing in a non-pressured, social environment in which music energizes, enriches and empowers. Classes modeled after Dance for PD are available in more than 300 communities in 25 countries around the world. For more information and free demo videos, please visit [www.danceforpd.org](http://www.danceforpd.org).



Alison Marshall

*"Dance for PD allows me to function, be motivated, and stay positive."*

*—JM Tolani, Dance for PD® student*

*"A hands-down success...one of the most important programs for Parkinson's in the country."*

*—Mary Ellen Thibodeau, RN, APDA Rhode Island*



Debbie Braganza



Made possible by generous funding from the Simone Charitable Foundation.