

Dancing with Parkinson's

...and those with limited mobility and care partners, too!

**Thursdays, beginning on
September 10th, 2:30 PM to 3:30 PM**



Please join us for this **7-week session** designed for people living with Parkinson's Disease or have limited mobility, and their care partners to experience the joy of moving to music. The research-backed class provides physical and emotional benefits for those who participate. Movements are adapted for seated movers. Participants are encouraged to attend all 7 classes. **This program is FREE of charge for participants.** Program supported by the American Parkinson Disease Association (APDA), Massachusetts Chapter. Website - WWW.APDAMA.ORG **Please Register at the Welcome Desk.**

**South Hadley COA
413-538-5030 (choose #3)
45 Dayton Street, South Hadley, MA**

