

# Dance for Parkinson's

Dance classes for individuals with Parkinson's Disease and their caregivers in Seattle, Des Moines and Kirkland

“The joy is wonderful.”

– Participant



Each eight-week series of classes uses dance, live music and community to develop artistry and grace while addressing such PD-specific concerns as balance, flexibility, coordination, isolation and depression.

Working with professional dancers specially trained in the Dance for PD® method, participants are inspired to explore movement and music in ways that are refreshing, enjoyable and stimulating.

Whether seated or standing, people with Parkinson's disease, caregivers and friends will enjoy this creative and welcoming environment. With live music. No dance experience necessary.

## More information:

[www.stgpresents.org/education/parkinsons.asp](http://www.stgpresents.org/education/parkinsons.asp)

## Contact:

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## Register for Classes:

Seattle & Des Moines - [www.nwpcf.org/programs.aspx](http://www.nwpcf.org/programs.aspx), 1877-980-7500

Kirkland - [www.evergreenhealth.com/classes](http://www.evergreenhealth.com/classes), 425-899-3000



*Dance for Parkinson's is based on Dance for PD®, a program developed by Mark Morris Dance Group and the Brooklyn Parkinson Group. The classes are offered in a partnership between Seattle Theatre Group, Spectrum Dance, EvergreenHealth, Northwest Parkinson's Foundation, Des Moines Senior Center, and Seattle Parks & Recreation. Dance for Parkinson's classes are supported by Regence.*