

PDSF Network presents...

Dance for Parkinson's

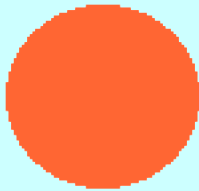
A movement class for people with PD, their friends, family, & caregivers.

***First Thursday of each month
1:00 P.M. - 2:30 P.M.***

Based on the Dance for PD® program designed by
Mark Morris Dance Group especially for people with Parkinson's

About the class

Our classes are based on the innovative Dance for PD® program designed by the Mark Morris Dance Group and the Brooklyn Parkinson Group. Using this method, professional dancers draw on their unique expertise to help people with Parkinson's Disease and their caregivers engage sight, sound, touch, thought, and imagination to bring control to their movements. Dancing in chairs, at a barre, or standing, experienced Bay Area teaching artists will lead participants in an enjoyable blend of modern dance, ballet, tap, jazz, and social dancing. While strengthening, balancing, and moving in rhythm to live music, people with PD also experience the power of dance and music to sharpen attention, inspire, and empower.



at **The Ballet Studio**
128 10th Street at Minna Street
San Francisco, CA

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KLM,
9, 14, 47
lines

Class size is limited. To reserve a spot in the next class, please email your phone number and the number of attendees to PDSFNetwork@gmail.com or call (415) 285-7377.

Please arrive 15 minutes early to sign in.

Class fee is a suggested donation of \$15.

These classes are appropriate for anyone with PD, no matter how advanced.

No dance experience is required.