

DANCE *for* PD[®]

A Free Movement Class

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

Saturday, May 31

2:00 – 3:15 p.m.

with a community discussion to follow

**McGuire Theatre and Dance Pavilion
University of Florida
Gainesville, FL, 32635**

Class is offered free of charge
and is led by David Leventhal
(from the Mark Morris Dance Group)
with live musical accompaniment



- ▶ **Parking is free, and all are welcome.
No registration is required to attend.**

"If there is anything that sidelines you, exacerbates your sense of constriction and inhibition, it is Parkinson's. If there is anything that calls for expression, demonstration, drama, movement and liveliness, it is dance."

—Luanne W., Dance for PD[®] student since 2009

ABOUT THE CLASS

In Dance for PD[®] classes, participants explore movement and music in ways that are enjoyable, stimulating and creative. A 12-year collaboration between the Mark Morris Dance Group and the Brooklyn Parkinson Group, the program is built on one fundamental premise: professionally-trained dancers are movement experts whose knowledge is useful to persons with PD. Dancers know all about stretching and strengthening muscles, and about balance and rhythm. This popular class is appropriate for anyone with PD, no matter how advanced. No dance experience is required. In chairs, at a barre or moving across the floor, you will explore elements of modern dance, ballet, tap, folk and social dancing, and Mark Morris company repertory in a non-pressured, social environment in which live music energizes, enriches and empowers. Classes modeled after Dance for PD now occur in more than 100 communities in the US, Australia, Canada, Italy, India, Holland, Israel, UK and Germany. For more information about the program, please visit www.danceforpd.org.

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BPg BROOKLYN PARKINSON GROUP

MARK MORRIS  DANCE GROUP