

PDSF Network presents...

Dance for Parkinson's

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

Aug 5, 2010
1:00 P.M. – 2:30 P.M.

Based on the Dance for PDsm 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 PDsm 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 **Twinspace Dance Studio**

2111 Mission St. (17th & 18th), San Francisco, CA

Studio 300, Located on the 3rd Floor

BART 16TH St. Station & **MUNI** Lines 33, 26, 14, 49

Parking Hoff St. Garage @ 42 Hoff St. (between 16th & 17th)

Or Remote Lot @ the corner of 16th & Shotwell

**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 per person.

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

No dance experience is required.

Next class: Thursday, September 2. Stay tuned for more!