

The American Parkinson Disease Association  
Information & Referral Center at Stanford  
and  
Peninsula Volunteers Little House  
are delighted to announce:

## ***"pd DANCE: Poetry in Motion,"***

3 pilot classes in movement to music  
designed for persons with Parkinson's disease

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Emphasis is not on disability but on ability and  
enjoyment of music & movement.

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**Saturdays**

**October 18, 25 and November 1**  
**12:30 - 1:45 pm**

in the Auditorium at Little House  
800 Middle Avenue, Menlo Park, 94025

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Classes are free of charge and participants of all ability  
levels are welcome. You may sign up for one, two or all  
three classes, or you may come and observe. PLEASE CALL to  
REGISTER ASAP!

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The value of dance in Parkinson's disease, including ballet and  
ballroom dancing is beginning to receive significant attention in  
professional research and publications and also in the general media.

Our instructor, Damara Ganley has based this pilot on a similar  
successful program of the Brooklyn Parkinson's Group in Brooklyn, NY  
and her own experience teaching dance.

Peek in on a similar class here:

[http://www.brooklynparkinsongroup.org/dance\\_video\\_512k.php](http://www.brooklynparkinsongroup.org/dance_video_512k.php)

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For more information or to register,  
please call the APDA Information & Referral Center at  
866-250-2414.

**The American Parkinson Disease Association Information Center at Stanford together with Avenidas Senior Center in Palo Alto is delighted to announce our newest project entitled, “pd DANCE!”**

**“pd DANCE!” is a series of 5 pilot classes in ballroom dancing adapted for persons with Parkinson’s disease. Our emphasis shall not be on the disease but rather on the dance, enriching our lives through music, recreation, exercise and socializing.**

**The classes are planned for the Wednesday afternoons of April 30, May 7 and 28, and June 4 and 25 from 2 – 3:30 pm in the dining room at Avenidas. Participants and their dance partners should be ambulatory without assistive devices other than perhaps light use of a cane.\* Each class would offer the same introductory content, and enrollment will be limited to 8-10 couples.**

**The value of dance in Parkinson’s disease, including ballet and ballroom dancing is beginning to receive significant attention in professional research and publications and also in the general media. Our program is based on similar successful programs elsewhere in the country, including Washington University in St. Louis and the Brooklyn Parkinson’s Group in Brooklyn, NY. Our dance instructor, Steven Beasley has visited both of these groups and is eager to share what he has learned.**

**To register please call the APDA Information & Referral Center at 866-250-2414**

**\*We are also working on ballet classes later this year for Parkinson’s which would be open to all PWP’s who are able to attend.**