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# Dancing with Parkinson's

This class engages the body, mind, and spirit in dance and movement designed to address the challenges of living with PD. With no prior dance experience required, you will learn to move to music in ways which are fun and easy to pick up. Dances provide practice with balance, flexibility, mobility, coordination, creative thought, and relaxation. All activities can be done standing or seated. Individuals with Parkinson's and their partners and caregivers are welcome!

**Fridays, 10:30 am-12:00 pm**

Session 1: Aug 16-October 4, 2019

Session 2: Oct 18-Nov 22, 2019

Session 3: Jan 10-March 6, 2020

Session 4: March 27-May 15, 2020 (*no class 4/10*)

***New Location!* Sevier Park Community Center**

3021 Lealand Lane

***FREE***

*(sponsored in full by Friends of Metro Dance)*

**Instructor: Julia Marx, MA, R-DMT**

**Register by e-mailing [juliamarxrdmt@gmail.com](mailto:juliamarxrdmt@gmail.com)**

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## ABOUT THE INSTRUCTOR:

Julia Marx holds a Master's Degree in Dance/Movement Therapy and has completed the teacher training workshop offered by Dance for PD®. She has taught Dancing with Parkinson's classes for five years in Nashville and Boston, MA.

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## For Information Contact:

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