
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, 1-2:30 pm
March 22-May 24, 2019

Centennial Performing Arts Studios
211 27th Avenue North in Centennial Park

FREE
(sponsored in full by Friends of Metro Dance)

Instructor: Julia Marx, MA, R-DMT

Register by e-mailing juliamarxrdmt@gmail.com

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.

For Information Contact:

Kelly Arney, MSSW at NPF
Center of Excellence at Vanderbilt
Phone: 615-936-5517
Email: Kelly.B.Arney@vanderbilt.edu

