DANCE FOR PARKINSON’S PROGRAM

Thursdays, September 8, 15, 22, 29, 2016 | 1 – 2 p.m.
Thursday, October 6, 2016 · Friday, October 14, 2016
Wednesday, October 19, 2016 · Wednesday October 26, 2016 | 1 – 2 p.m.
Thursdays, November 3, 10, 2016 | 1 – 2 p.m.

Capital Health Medical Center – Hopewell
One Capital Way, Pennington, NJ 08534 · 609.637.2374 or

Capital Health – Hamilton
1445 Whitehorse-Mercerville Road, Hamilton, NJ 08619 · 609.588.5050

This dance class utilizes specifically designed creative movement and choreography which will help participants develop more freedom of movement, with a sense of grace, rhythm and ease. All classes will incorporate live music and be lead by professional dance instructors trained through the MARK MORRIS DANCE GROUP/DANCE FOR PD PROGRAM in Brooklyn, NY.

POTENTIAL BENEFITS OF DANCE FOR PEOPLE WITH PD:

••• Builds confidence and improves balance
••• Builds muscle strength and endurance
••• Stimulates the mind/body connection
••• Promotes joy and self-expression

This class can accommodate those who walk independently, need a cane or a wheelchair. Caregivers are encouraged to participate.

SUGGESTED DONATION: $30 couple/individual for the entire program.

Location will vary and details will be provided upon registration.

For more information or to register, contact Victoria Pena-Cardinali at 609.537.7157 or e-mail at vpena-cardinali@capitalhealth.org.