



# YOU'RE INVITED!

## *Intro to Dance for Parkinson's Class*

**In celebration of November's National Caregivers Month**

**Thursday November 29, 2018**  
1:45 – 3:00 PM

**Class Location:**  
Princeton Ballet School  
(Second Floor- next to McCaffery's  
Food Market)  
301 N. Harrison St  
Princeton NJ 08540  
Ample free parking, ADA compliant,  
Elevator Access

**Lead Teacher:** Rachel Stanislawczyk  
**Assistant Teacher:** Lindsay Cahil

**Hosted By:** Dr. Jill Farmer  
& Princeton Ballet School

American Repertory Ballet's *Dance for Parkinson's* program is for people with Parkinson's Disease and their caregivers. Each class has live music and creates a warm sanctuary for movement exploration, and a social atmosphere to support artistic venture.

Classes are infused with guided imagery, vocalization, and movement to provide participants with a dynamic experience.

Participants are encouraged to 'think like dancers' and to be creative and expressive.

Open to all levels of ability! Although participants may experience therapeutic relief, this class is not considered therapy, but a place where people come together to move, share, and enjoy the elements of dance.



**Dr. Jill Farmer**, a graduate of the Georgetown Movement Disorder Program, is the Director of the Parkinson's Disease & Movement Disorder Program through Drexel Neuroscience Institute. She provides comprehensive care of Parkinson's disease through medical management and surgical intervention as well as access to rehab specialties at a satellite office in Lawrenceville, NJ.

For information please call 215-762-1949 or visit <https://www.drexelmedicine.org/find-a-doctor/f/jill-giordano-farmer/>.

