



MIDDLETOWN ARTS CENTER

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.



FREE and 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.

Session: Friday, April 19 - Friday, May 17, 2019

Class Time | Fridays, 11:00 AM - 12:15 PM

Class Location | Middletown Arts Center | 36 Church St, Middletown, NJ 07748

Cost Options | FREE *Call 732-706-4100 to register

Instructor | **Rachel Stanislawczyk** began her dance training at Princeton Ballet School in 2003. She recently graduated magna cum laude with a BFA in Dance and Choreography from Virginia Commonwealth University. Rachel Stanislawczyk is a certified instructor of the Elemental Body Alignment System, and a Lead Teacher for the Mark Morris Dance Group's Dance for PD program. She is currently earning her Masters in Dance Education at Rutgers University.



Photo Credit: Kaitlin Marino

For more detailed information

email Rachel | RStanislawczyk@arballet.org or call Lindsay Cahill | 732.249.1254, ext. 19



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This program is sponsored by
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