



Dance for Parkinson's

Come dance with us and experience the joy of dancing!

Who: Individuals with PD and their caregivers

What: 6-week dance class series

When: Fridays, 1:00 – 2:15, April 24 – May 29

Where: ADF Studio, 721 Broad St, Durham

What else: The studio is on the 2nd floor. Take the elevator located just inside the front door.

- Dances can be done seated or standing!
- Caregivers are encouraged to participate!
- No fee, just a suggested donation of \$5-10.

Contact ssaenger@nc.rr.com for more information and to register.

Class size is limited, so reserve your spot today!!