

DANCING WITH PARKINSON'S

Come join us as we explore movement with piano accompaniment in a friendly, supportive atmosphere

**Dancing with Parkinson's
Tuesdays, 11:00 AM – 12:15 PM
April 20 through June 22, 2010**



Neighborhood Music School, 100 Audubon Street, New Haven 06510

Parking available on street and in Audubon Court Garage just beyond the school

(Stamp your ticket at NMS for a discount.)

Offered with support of:

*The Yale Community and Beyond Parkinson's Support Group
and American Parkinson's Disease Association of Connecticut*

\$5 drop-in fee for anyone with Parkinson's
Free to accompanying care partner, friend or family member

Dance instruction by **Laura Richling**, from the Connecticut Parkinson's Working Group.



Why should people with Parkinson's dance?

[Periods after all these]----

Release tension, increase flexibility, help balance.

Experience different types of live music that help you move.

Connect with others creatively and joyfully.

Increase awareness of your own body and how it moves.

Gain confidence; feel power and grace in your movement.

Feel supported as you explore in a safe and comfortable environment.



Photos courtesy of Jeffrey Lincoln, CPWG

Contacts and to register:

Laura Richling, dance instructor, 203-675-2930

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