

APDA Arizona, in partnership with Dance for PD® and with support from the Simone Charitable Foundation, proudly presents

Free Online Movement Classes

for persons living with Parkinson's and their families, friends, and care partners

Wednesday
9am- 10am

Ongoing dance classes
Online via Zoom

Classes led by
Dance for PD®-trained teacher
Alison Marshall

Register by email:
lesquer@apdaparkinson.org



About the program

Come explore movement and music in ways that are enjoyable, stimulating and creative. Based on the award-winning Dance for PD® method, this interactive, research-backed class is appropriate for anyone with PD, at all levels of ability and mobility. No dance experience is required. You'll explore elements of modern dance, ballet, creative movement, jazz, and social dancing in a non-pressured, social environment in which music energizes, enriches and empowers. Classes modeled after Dance for PD are available in more than 300 communities in 25 countries around the world. For more information and free demo videos, please visit www.danceforpd.org.



Alison Marshall

"Dance for PD allows me to function, be motivated, and stay positive."

—JM Tolani, Dance for PD® student

"A hands-down success...one of the most important programs for Parkinson's in the country."

—Mary Ellen Thibodeau, RN, APDA Rhode Island

DANCE *for* **PD**[®]
CLASSES | TRAINING | RESOURCES
A PROGRAM OF THE
MARK MORRIS DANCE GROUP

apda **AMERICAN
PARKINSON DISEASE
ASSOCIATION**
Strength in optimism. Hope in progress.

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