



The

Joy of Movement: Dance for Parkinson's

- Dance develops flexibility and instills confidence
- Dance is a social activity that breaks isolation
- Dance connects the mind to the body
- Dance promotes functional movement and balance
- The essence of dance is joy

You are invited to a dance class for people with Parkinson disease; classes are held weekly on Tuesday, Wednesday and Thursday throughout the year. The next 12-week series starts on Tuesday, July 13th, and continues through Thursday, October 7th (no class will be held on 8/24, 8/25 or 8/26).

No prior dance experience is necessary! All levels of ability are welcome. No partner is required, but significant others and care partners of participants are also welcome.

All classes are currently held live online, although Tuesday and Thursday classes will be returning to in-person on 7/20 and 7/22. In-person classes will be held at the First Presbyterian Church, 321 S. 7th St., Springfield.

Wednesday classes will remain online only. The instructor will gladly assist you in learning to use the Zoom platform to participate in online classes.

Classes are held at the following times:

- 1:30 to 2:45 pm on Tuesdays and Thursdays
- 10:30 to 11:45 am on Wednesdays

There is no fee to participate in the class, but registration is required. Due to the progressive structure of the class, participants are encouraged to enter the class earlier in the 12-week series, if possible. To register or obtain further information, please contact Eve Fischberg at 217-494-4961 or email at: joyofmovement2@gmail.com.

Website: thejoyofmovement.org

These classes are supported by the American Parkinson Disease Association, Greater St. Louis Chapter. The Tuesday class is paid for by a grant from the Memorial Medical Center Foundation. Thursday classes are supported by a grant from the King's Daughters Organization Fund at the Community Foundation for the Land of Lincoln. Wednesday classes are paid for by our generous individual donors.