

Dance Through Parkinson's

"The classes help me feel physically better, which helps my mood. It helps with my balance and gait issues. I have met many new friends with PD at varying levels of PD. It helps me be hopeful. The classes are a good challenge, but generally within my PD capabilities." –Parkinson's dance participant



CLASSES MEET EVERY TUESDAY FROM 1:30 TO 3:00

at

Rudy A. Ciccotti Family Recreation Center
30 Aviation Road - Albany, 12205 - (518) 867-8920

More info at www.cdparkinsons.org

Partners and caregivers welcome.

Persons with MS and other neuromuscular conditions welcome.

Walkers and wheelchairs welcome. No experience necessary.

\$5 per class.

Teacher: Rachelle Smith-Stallman

Designed to engage participants' minds and bodies through many styles while addressing such PD -specific issues as balance, flexibility, coordination and gait.