

# Dance For Parkinsons

Those living with Parkinsons, MS, A.B.I and Stroke

Wednesday's

April 1st to June 3rd | 2020

11:00am to 12:15pm

\$60 for participants | \$40 for caregivers

This class integrates movement from ballet, jazz, tap and contemporary dance techniques to stretch and strengthen the body, improve posture and balance and engage the mind. Thinking like a dancer helps participants regain physical confidence in their own bodies. Classes are taught by experienced dance educators. Caregivers are encouraged to attend.

To register call 905-885-2626 ext 280  
Community Health Centres of Northumberland  
99 Toronto Rd | Port Hope

**PRIMA**  
BALLET SCHOOL



**COMMUNITY HEALTH CENTRES**  
OF NORTHUMBERLAND