



# GODDARD HOUSE

ASSISTED LIVING & MEMORY SUPPORT

## ***Parkinson's in Motion @ Goddard House***

### *Dance for Parkinson's*

**Tuesdays Starting December 15**

11:30 am -12:30 pm on Zoom



**Free and open to the Parkinson's community!**

#### **Register Now!**

Email Erica Curcio at [ecurcio@goddardhouse.org](mailto:ecurcio@goddardhouse.org)

Or call 617-731-8500

Relax and enjoy movement to a rich variety of musical and dance styles, from modern, ballet, tap, folk and social dancing, designed to engage participants' minds and bodies. This 12-week program includes dance movements that are adapted to your capabilities and can be done sitting or not. Come share the love and power of dance!

Dance instructor, Nancy Murphy, who completed Dance for PD® Training at Mark Morris Dance Center in Brooklyn, NY, has been teaching dance for more than 30 years. She is an instructor at Rugcutters' Dance Studio, Marblehead School of Ballet and Dance Technics. She's also a member of the Back Pocket Dancers, an inter-generational modern dance company.

*Parkinson's in Motion* also includes an Educational Speaker Program and a monthly Classroom Support Group on Zoom.



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from the Parkinson's Foundation*