



We're here to help you get back to the things you love.

Find your strength.



SPAULDINGTM
ADAPTIVE SPORTS CENTERS

Adaptive Dance for Parkinson's

LET'S DANCE! NO PRIOR DANCE EXPERIENCE IS REQUIRED.

Experience the joy of movement in many dance styles including Tango, Waltz, Ballet and even Show Tunes. Our dance experience is designed to enhance coordination, balance, flexibility and strength. In this social setting, we will train our bodies and minds with techniques used by dancers. Bring a partner or come get paired up with a volunteer! This program is easily modified to accommodate all levels and encourages an enjoyable and safe environment.

The instructor, **Roseann Eliseo**, is a certified Dance Instructor with the National Dance Teachers Association and has trained with the original Dance for PD curriculum in New York City. **Sara Crandall**, a PT with experience working with PD, will assist in the classes.

Participants are encouraged to bring their own dance partner but it is not required.

WHERE

Spaulding Outpatient Center Medford
101 Main Street, Suite 101
Medford, MA 02155
(free parking available onsite)

WHEN

Thursdays
9/14, 10/12, 11/9 & 12/7
5:00-6:15PM

COST

\$5 per session

To register, please visit <https://sasc.spauldingrehab.org> or call 877.976.7272



SPAULDINGTM
REHABILITATION NETWORK



Find us
www.spauldingrehab.org