



Dance for Parkinson's

Presented by Booth Gardner Parkinson's Care Center at Evergreen Hospital Medical Center, Seattle Theatre Group & Spectrum Dance Company.

Saturdays, 10-11:30 a.m., Free
See specific session dates below.

Class size is limited.
Pre-registration is required.

You may register online 24/7 at
www.evergreenhealthcare.org/classes
or call the Evergreen Healthline at
425.899.3000
Monday-Friday
7 a.m.-7 p.m.

Program held at
Peter Kirk Community Center
325 Kirkland Avenue
Kirkland, WA 98033

In this six-week program, participate in stretching and strengthening muscles through balance and rhythm. Most importantly, learn how to use thought, imagination, eyes, ears and touch to control movement. Dance for Parkinson's classes combine elements of modern dance, ballet, tap, jazz and social dancing. While dancing, whether in chairs or standing, class participants explore dance movements in a welcoming environment in which live music energizes, enriches and empowers.

Session 1 - Fall
October 10 - November 14, 2009

Session 2 - Winter
January 9 - February 13, 2010

Session 3 - Spring
April 10 - May 15, 2010

Session 4 - Summer
June 19 - July 24, 2010