



DECIDEDLY JAZZ DANCEWORKS

# DANCING PARKINSON'S YYC



Launched in 2013, **Dancing Parkinson's YYC** provides dance classes to people with Parkinson's disease and their spouses, friends or care partners. With live musical accompaniment and a focus on rhythm, body awareness, musical development, coordination and socialization, the weekly classes have proven to be an uplifting and restorative experience for participants.

## DETAILS

Classes are held on Tuesdays from September to June. New participants may join at anytime.

## LOCATION

The DJJ Dance Centre 111-12 Avenue SE. Virtual classes are also available.

## COST

The annual registration fee is \$50 per person due at the time of registration.

**"I felt so free and comfortable and the music was wonderful."**

## FOR MORE INFORMATION AND TO REGISTER

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Charter member of

**Dance for Parkinson's Network**  
CANADA