

A free, virtual class for people with Parkinson's Disease and their caregivers.
*Each class has live music and creates a warm sanctuary for movement exploration,
and a social atmosphere to support artistic venture.*



- Classes are infused with guided imagery, vocalization, and movement to provide participants with a dynamic experience.
- Participants are encouraged to, 'think like dancers,' by adopting a creative and expressive mindset.
- Open to all levels of ability! Although participants may experience therapeutic relief, this class is not considered therapy, but a place where people come together to move, share, and enjoy the elements of dance.

Session | Saturday September 12 - November 21, 2020

Class Time | 1:30 - 2:30 PM

Location | All classes will take place virtually on Zoom until further notice.

Cost Options | All classes will be offered FREE for participants and caregivers thanks to our generous supporters!

Teachers | Rachel Stanislawczyk & Lindsay Cahill



For more information and Zoom link

Email Rachel | rstanislawczyk@arballet.org or Lindsay | lcahill@arballet.org | 732.249.1254, x19