



MIDDLETOWN ARTS CENTER & ZOOM 2022

American Repertory Ballet's *Dance for Parkinson's Program* is for **people with Parkinson's Disease and their caregivers.**

Each class has live music, 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,' be creative, and expressive.
- ★ 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.

Class Time | Thursday's 4:15 - 5:30 PM

Class Location | The Middletown Arts Center & Streaming Live on Zoom
36 Church St, Middletown Township, NJ 07748

Upon entry to in-person classes, participants must show proof of COVID-19 Vaccination, and wear a mask at all times.

All Classes are offered FREE to the Parkinson's Community!

For more detailed information and Zoom Link

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

Instructor | Rachel Stanislawczyk, Ed.M is the Director and Founder of the Dance for Parkinson's Program at American Repertory Ballet. As Director, she has presented at The Parkinson's Foundation's Moving Day NJ, Dr. Jill M. Giordano Farmer's PD Education Conference, and The American Parkinson's Disease Association's Annual Spring Conference. In 2017, Rachel progressed from an intern to a lead teacher of the Mark Morris Dance Group (MMDG) Dance for PD® program, where she taught classes at MMDG, New York University, and Ballet Academy East. Rachel dances professionally with Rock Dance Collective, and is a Dance Educator at Abraham Clark High School in Roselle, NJ.



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