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Richmond Parkinson's Dance Class, Wednesdays

Date and Time

Weekly on Wednesday at 10:30am for 12 times

Event URL

[Register or Learn More](#)

Event Region

Richmond Area

Event Type

Class - Workshop

RSVP Info

804- 276-3343 or dance@simplyballroomva.com

Event Cost

\$0.00

Event Description

This program integrates movement from modern and theater dance, ballet, folk dance, tap, improvisation, and ballroom dance. The class addresses such PD-specific concerns as balance, flexibility, coordination, isolation and depression. The classes engage the participants' minds and bodies, and create an enjoyable, social environment that emphasizes dancing rather than therapy. The class is taught by Veronica Nugent and Diane Bates of Simply Ballroom Dance Studio and Patty Mochary of the Richmond Ballet. All instructors have received training from the founders of the original program, Dance for PD, at the Mark Morris Dance Center in Brooklyn, NY. Classes are open to people diagnosed with Parkinson's disease (PD). Spouses or care partners are also welcome to attend. If the person with PD requires extra assistance with mobility, they are encouraged to be accompanied by a friend or family member. Classes are offered here on Wednesdays. Because of COVID-19, only 10 people are allowed so a person must RSVP to be sure space is available. Because of the unsure restrictions and surge in virus cases, please call ahead to make sure we are having class and to reserve their spot. Contact for Info: Veronica Nugent @ (804) 276-3343 or dance@simplyballroomva.com

Event Image or Sponsor Logo

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