

Join us

# Parkinson's Dance Class



Join us for specialized dance classes that empower people with Parkinson's Disease to explore movement and music in a safe and creative environment. Dance has proven to be beneficial in addressing Parkinson's specific concerns such as balance, flexibility and coordination. Dance experience is not necessary and participants, their friends, family and caregivers are welcome to join!

**Wednesdays**  
**10:30-11:45 AM**

Cashin Senior Center  
151 Douglas Street  
Manchester, NH

Join this FREE class anytime  
call 603.624.6533 to register

information contact: Kendra Viviers  
tel: 603.641.6700  
e-mail: [kendra.viviers@cmc-nh.org](mailto:kendra.viviers@cmc-nh.org)

