

WHAT'S IN A CLASS

Moving & Shaking is a Parkinson's-specific group-based class that utilizes the philosophies of dance to delay the symptoms of this debilitating disease. Additionally, it is a great mind-body intervention in the complex symptom-treatment landscape. Dance involves multiple senses, social interaction, cognitive tasks, sensory integration and stability. In this class, participants work on footwork, side-to-side movements, hip opening, and big arm gestures.

Dance is shown to improve confidence, rhythm, creativity, self-expression, extension, and flexibility by moving the body in a conscious way. This class incorporates dance styles from all different genres and eras, making it enjoyable for all ages.



PARKINSON'S & DANCE MOVING & SHAKING

OUR MISSION

The Parkinson's Exercise and Wellness Center provides Parkinson's patients and others suffering from neurologically-based "movement disorder diseases" exercises for a stronger body, education and resources for a stronger mind, and camaraderie and support for a stronger spirit.

The Parkinson's Exercise & Wellness Center
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The Parkinson's Exercise and Wellness Center is comprised of multifaceted certified instructors who specialize in Parkinson's and Parkinson's Plus illnesses. Lacey, the dance instructor, has 20 years of experience and a heart to help. Whether to clear the mind or bring a laugh or smile, dance offers many benefits to people with Parkinson's.

As the only Parkinson's dedicated facility in the region, The Parkinson's Exercise and Wellness Center is in a unique position to better serve those with Parkinson's Disease to fight back against the symptoms. While the focus is the exercise, the center also hosts monthly social events for boxers and their families, as well as hold quarterly support group meetings.



WHO WE ARE

DANCE IN STUDIES



Dance addresses each of the key areas that have been identified as being important for an exercise program for individuals with Parkinson's Disease (Earhart). The music can serve as an external cue to facilitate movement, which is the first recommended component. The second component is the teaching of specific movement strategies. One must also control balance dynamically and respond to perturbations within the environment.

Dance can result in enhanced strength and/or flexibility and improved cardiovascular functioning.

Earhart, PhD, PT, Gammon M. "Dance as Therapy for Individuals with Parkinson's Disease." *European Journal of Physical Rehabilitation Medicine*, 2009 Jun, 45(2): 231-238.

BENEFITS

- Differs from traditional dance classes because it focuses on aesthetic and recreational features.
- Targets the motor symptoms by incorporating stretching and strengthening of the muscles.
- Increases flexibility throughout the body to help maintain balance and gait function, maintaining full body control and stability.
- Activates areas of the brain that typically reveal reduced activation in PD.
- Enhances emotional, cognitive & social well-being for an overall improved quality of life.