



PARKINSON'S & DANCE

MOVING & SHAKING

WHAT IS PD DANCE?

Moving & Shaking is a Parkinson's-specific group class that utilizes the philosophies of dance to delay the symptoms of Parkinson's Disease. Dance has benefits beyond exercise as it involves multiple senses, social interaction, cognitive tasks, sensory integration and stability. 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.

As the only Parkinson's Disease dedicated facility in the region, The Parkinson's Exercise & Wellness Center maintains a passion for fighting the symptoms of PD through exercise therapy and theatre training in a fun and energetic environment.



WHY DANCE?

- 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.

MISSION STATEMENT

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.