

Parkinson's Ballroom Dancing & Drumming



**Wednesdays &
Saturdays**
10:00 - 11:30 am



*Capture the Benefits
by Improving
Balance, using the left
and right sides of the brain
Flexibility
Socializing
& Having Fun*



Drumming 40 minutes

Sitting or Standing — 10 Minute Break

Ballroom Dancing 40 minutes

Bring a Partner or Caregiver

This program is free to Parkinson's patients and their partners or caregivers, with a \$5 one-time enrollment fee.

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Dance d' Elegance

750 E. Washington St. #F1
Medina, OH 44256

CALL OR TEXT THE STUDIO PHONE:
330-990-1451

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