

Dance for Parkinson's



Neuroscience Supportive Care Program

Our classes are based on the innovative Dance for PD program designed by the Mark Morris Dance Group and the Brooklyn Parkinson Group. Using this method, professional dancers draw on their unique expertise to help people with Parkinson's Disease and their caregivers engage sight, sound, touch, thought, and imagination to inspire movement and expression. Dancing in chairs, at a barre, or standing, experienced teaching artists lead participants in an enjoyable blend of modern dance, ballet, and social dancing. While strengthening, balancing, and moving in rhythm to live music, people with PD also experience the power of dance and music to sharpen attention, inspire, and empower.

Supported by the National Parkinson's Foundation.

Walk-ins welcome.



Dates & Times: Every Monday and Friday | 1:30pm–2:45pm
(no class 1/1, 1/5, 1/15, and 5/28)

Location: Stanford Neuroscience Health Center
213 Quarry Road
Wellness Room 1511
Palo Alto, CA 94304

Questions: Call 650.721.8500

Website: www.stanfordhealthcare.org/nscp

The Stanford Supportive Care Program provides free classes, workshops, fitness classes, services, and support to all neuroscience patients regardless of where they receive their care.



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