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Richmond Parkinsons Dance Project, West End

Date and Time

Wednesday 5/10/2017 1:45 to 2:30pm

Event URL

[Richmond Parkinsons Dance Project](#)

Event Region

Richmond Area

Event Type

Social event

Event Cost

\$0.00

Event Description

Richmond Parkinsons Dance Project. Free class is offered to individuals with Parkinson's or similar condition. Class meets at St. Mary's Woods, 1257 Marywood Lane, Henrico, VA 23229. The class meets every other Wednesday, from 1:45pm until 2:30pm. Class is Free. We are doing this as a trial through June to see if there is enough interest to sustain a 2nd class in the West End. You can call 804-276-3343 for more information or email dance@simplyballroomva.com. Program engages minds and bodies and creates an enjoyable social environment as it addresses PD-specific concerns as flexibility, coordination, isolation and depression. If you would like a flyer please email Veronica (dance@simplyballroomva.com)