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## **Parkinsons Dance Project, Onsite**

Date and Time

Weekly on Wednesday at 10:30am for 10 times

Event URL

<https://www.richmondparkinsonsdanceproject.com/>

Event Region

Richmond Area

Event Type

Social event

RSVP Info

Veronica Nugent @ (804) 276-3343 or [dance@simplyballroomva.com](mailto:dance@simplyballroomva.com)

Event Cost

\$0.00

Event Description

RSVP for Classes this Week Don't forget to RSVP for our Wednesday 11:30 am class this week! Open to people diagnosed with Parkinson's disease (PD). Spouses or care partners are also welcome to attend. If the person with PD requires extra assistance with mobility, they are encouraged to be accompanied by a friend or family member. Call (804) 276-3343 and let us know if you'd like to attend. We still have restrictions on attendance so we need a head count. Thank you! Visit our website

[www.richmondparkinsonsdanceproject.com](http://www.richmondparkinsonsdanceproject.com) The Richmond Parkinson's Dance Project is based on the premise that professionally-trained dancers are movement experts whose knowledge is useful to persons with PD. Dancers know all about stretching and strengthening muscles, and about balance and rhythm. Dancers know about the power of dance to concentrate mind, body and emotion on movement because they use their thoughts, imagination, eyes, ears and touch to control their bodies every day. Our program integrates movement from modern and theater dance, ballet, folk dance, tap, improvisation, and ballroom dance. The class addresses such PD-specific concerns as balance, flexibility, coordination, isolation and depression. The class is taught by Veronica Nugent and Diane Bates of Simply Ballroom Dance Studio and Patty Mochary of the Richmond Ballet.

Event Image or Sponsor Logo

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