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## **Richmond Parkinsons Dance Project**

Date and Time

Weekly on Wednesday at 11:00am until Friday 3/30/2018

Event URL

<http://www.richmondparkinsonsdanceproject.com/class-information.html>

Event Region

Richmond Area

Event Type

Social event

RSVP Info

(804) 276-3343

Event Cost

\$0.00

Event Description

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. Call for information - (804) 276-3343 or [dance@simplyballroomva.com](mailto:dance@simplyballroomva.com) 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 classes engage the participants' minds and bodies, and create an enjoyable, social environment that emphasizes dancing rather than therapy.