Mark Morris Dance Group, Mesa Arts Center, and Muhammad Ali Parkinson Center-Barrow Neurological Institute, in association with Brooklyn Parkinson Group present:

DANCE for PD®

Two Free Movement Classes

for persons with Parkinson's and their families, friends and care partners

▸Tuesday, Jan. 28

11:00 a.m – 12:30 p.m.
Mesa Arts Center
1 E Main St
Mesa, AZ 85201

▸Wednesday, Jan. 29

11:00 a.m – 12:30 p.m.
Barrow Neurological Institute
St. Joseph's Hospital & Medical Center
Sonntag Pavilion – 350 W. Thomas Road
Phoenix , AZ 85013

Classes are offered free of charge and are led by teaching artists from the Mark Morris Dance Group.

Call Barrow ResourceLink to register for one or both: 1-877-602-4111.

"If there is anything that sidelines you, exacerbates your sense of constriction and inhibition, it is Parkinson's. If there is anything that calls for expression, demonstration, drama, movement and liveliness, it is dance."
—Luanne W., Dance for PD® student since 2009

In Dance for PD® classes, participants explore movement and music in ways that are enjoyable, stimulating and creative. A collaboration between the Mark Morris Dance Group and the Brooklyn Parkinson Group, the program is built on one fundamental premise: professionally-trained dancers are movement experts whose knowledge is useful to persons with PD. This acclaimed program is appropriate for anyone with PD, no matter how advanced. No dance experience is required. In chairs, at a *barre* or moving across the floor, you will explore elements of modern dance, ballet, tap, folk and social dancing, and Mark Morris company repertory in a non-pressured, social environment in which live music energizes, enriches and empowers. Classes modeled after Dance for PD now occur in more than 100 communities in the US, Australia, Canada, Mexico, Holland, Italy, India, Israel, UK and Germany. For more information about the program, please visit www.danceforpd.org.

Mesa Arts Center presents
Mark Morris Dance Group in performance
January 28 & 29 at 7:30 p.m.
For information and tickets, please call the Box Office: (480) 644-6500

MARK MORRIS DANCE GROUP

BPg BROOKLYN PARKINSON GROUP

MESA ARTS CENTER

Muhammad Ali Parkinson Center
of Barrow Neurological Institute®
A National Parkinson Foundation Center of Excellence