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## **Richmond Parkinsons Dance Project, West End**

Date and Time

Weekly on Monday at 11:30am until Wednesday 12/20/2017

Event URL

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

Event Region

Richmond Area

Event Type

Class

RSVP Info

804-276-3343

Event Cost

\$0.00

Event Description

The Richmond Parkinson's Dance Project in the West End 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. The West End class now meets weekly at West End Academy of Dance on Patterson Avenue from 11:30am until 12:15pm. The class is open to those with a Parkinsons diagnosis. Families and caregivers also welcome.