

..... Dance for Life & Dance for MS

Dance for Life and Dance for MS are free, weekly classes for people with a diagnosis of Parkinson's disease (PD), Multiple Sclerosis (MS), and other similar movement disorders.



The programs are designed to help participants improve physical well-being, social interaction, & creative expression, as well as targeted improvements in balance, strength, and mobility. The classes involve both seated and optional standing movement activities that incorporate elements of modern dance, jazz, ballet, yoga, and social dance.

Dance for Life

Wednesdays 2:45-3:45pm

[https://ufl.zoom.us/j/93316157453?
pwd=KzITMVNJQTdCMXBobDFua3F3K1FDUT09](https://ufl.zoom.us/j/93316157453?pwd=KzITMVNJQTdCMXBobDFua3F3K1FDUT09)

Meeting ID: 933 1615 7453
Password: **dance4life**

Dance for MS

Fridays 11:00am-12:00pm

[https://ufl.zoom.us/j/94643714336?
pwd=SmMrdmZPeGw4L2NNbU4vTjZkV3p2dz09](https://ufl.zoom.us/j/94643714336?pwd=SmMrdmZPeGw4L2NNbU4vTjZkV3p2dz09)

Meeting ID: 946 4371 4336
Password: **dance4ms**

Dance for Life is offered in-person at the Senior Recreation Center (5701 NW 34th Blvd) and via Zoom.

Dance for MS is currently offered via Zoom.

For more information, email Whitney Wilson at wwilson@arts.ufl.edu

