



DANCE FOR LIFE

A DANCE CLASS FOR NEUROLOGICAL MOVEMENT DISORDERS

Dance for Life is a free, weekly dance class designed to help people with a diagnosis of PD, MS, or other similar neurological movement disorders improve physical well-being, social interaction, & creative expression, as well as targeted improvements in balance, strength, and mobility.

The class involves both seated and optional standing movement activities that incorporate elements of modern dance, jazz, ballet, yoga, and social dance. No prior dance experience necessary.

**Wednesdays
1:00-2:00pm**
In-person and on
ZOOM
Senior Recreation
Center
5701 NW 34th Blvd

For more information and to register for Zoom, email Whitney Wilson at wwilson@arts.ufl.edu

