

DANCE

with Parkinson's



Mondays, 10:45am - Noon, ongoing

Living with Parkinson's? Experience the joy and benefits of dancing!

- Good for your brain and stability
- Boosts confidence
- Focuses all your senses on movement and balance
- The dance program is free!

CLASS INSTRUCTOR: ROSE COSTANZO Rose has taken or taught dance from early childhood. She has studied tap, ballet, jazz and modern dance throughout the years. Rose connected with the Dance for Parkinson's program two years ago at the Mark Morris Dance Group in Brooklyn, NY. She began her own dance class shortly afterward. When not teaching class, Rose is a physical therapist specializing in orthopedics, sports and parkinson's therapy.



REHAB CONCEPTS
physical therapy

LOCATION:
VNA Community Healthcare
753 Boston Post Road
Guilford, CT

TO REGISTER, CALL:
203-458-4351



RehabConceptsPT.com