



# The Heights Parkinson's In Motion Program

Presents

## *Dance for PD*

We will have dance, movement, and music that is empowering. Featuring Teaching Artist Amy Valente from Neighborhood Music School in New Haven, CT. Dance PD® can help address specific symptoms such as balance, flexibility, coordination, and gait. No dance experience necessary.

**Classes are free and open to the public.**



**SPACE IS LIMITED**



Every Fourth Wednesday of the month  
starting Wednesday, March 26, 2025



11am-12noon



The Heights at Avery Heights  
550 Avery Heights, Hartford, CT 06106



To RSVP Email Siobhan at  
[smattingly@churchhomes.org](mailto:smattingly@churchhomes.org)  
or call 860.372.2583



**Brought to you in partnership**



DANCE *for* PD®

