



This program is supported by a grant from the Parkinson's Foundation. Through funds raised by Moving Day® North Carolina, a walk for Parkinson's, all classes offered through the Parkinson's Movement Initiative are FREE for people living with PD and their caregivers.

ADF's
SAMUEL H. SCRIPPS
STUDIOS

 Parkinson's
Foundation

ADF IS PROUD TO OFFER THE NEW

PARKINSON'S MOVEMENT I N I T I A T I V E

In partnership with NC Dance for Parkinson's & Poe Wellness Solutions

— JANUARY 10—MARCH 18 —

DANCE FOR PARKINSON'S

Susan Saenger & Lindsay Voorhees
Mondays 10:30–11:45

PILATES FOR PARKINSON'S

Meg Poe
Mondays 2–3:15 & Wednesdays 10:30–11:45

Special additional workshops and outreach dates included on website.

ADF STUDIOS | 721 BROAD STREET | DURHAM NC | 919.797.2871
studios@americandancefestival.org