

Dance for people with Parkinson's

Musical Moving



A specially designed dance class for people with Parkinson's.

The class takes place in a warm supportive environment where all participants come together to explore and enjoy expression in movement. Live music creates an energetic and dynamic atmosphere in which to dance.

No previous dance experience required. Carers, friends and partners welcome.

We meet in three locations

Monday > 3-4.30

Kentish Town Health Centre
2 Bartholomew Road
Kentish Town
NW5 2BX

Wednesday > 11.15-12.15

The White House
45 The Avenue
Hampton
TW12 3RN

Wednesday > 2-3.30

Wimbledon Guild
Drake House (behind Guild House)
44 St. George's Rd.
Wimbledon SW19 4ED

"Fantastic! This class is beneficial for movement, flexibility, interaction and socialisation. A thoroughly enjoyable class which is well attended and appreciated by all."

(Alison Leake, Parkinson's Nurse Specialist)

More Info:

www.musicalmoving.org

Contact:

020 8739 0208

contact@musicalmoving.org

Supported by:

Kentish Town Improvement Fund

Wimbledon Guild

Wates Giving

The Mercers' Company