

# Parkinson's Disease Dance Program

We are excited to announce a new dance program beginning in **Spring 2011!**

Classes will be lead by dance instructor, **Naomi Goodman**, MPH. Naomi developed and teaches a dance program for people living with Parkinson's Disease. She has a dual background in yoga and dance and holds a Master's degree in public health. Drawing on current research, collaboration with physicians and physical therapists, and focus groups of people living with PD, she created and leads an engaging program that targets the challenges of the disease, such as rigidity, smallness of motion, and freezing.

**When:** from **3:15pm to 4:30pm** on the following Saturdays:  
April 30  
May 7  
May 14  
May 21  
May 28  
June 4  
June 11

**Where:** **Allerton House**  
15 Condito Road  
Hingham, MA 02043

**Total Cost:** \$60 per person  
(\$50 for APDA MA Members!)  
\$90 for person & support participant

**Coordinator:** Cindy Bittker



This program is supported by APDA Massachusetts. To become a member of the Chapter, please visit our website at [www.apdama.org](http://www.apdama.org), where you can find more information about the association as well as a membership form.

*In honor of Parkinson's Awareness Month, the first class on April 30th is free!*  
- RSVP required -

To register or for more information, please contact the APDA Information & Referral Center at 800-651-8466 or [information@apdama.org](mailto:information@apdama.org).

**Allerton House**  
at Harbor Park  
Assisted Living Community

