

# dance MOVES for PD

For everyBODY with Parkinson's, mobility challenges, and all seniors

Presented by Donna Miceli Dance and SLS Fitness Lowell



## COME DANCE WITH US!

We offer a hybrid (in-person or on Zoom) class specially designed to make dance accessible to people with Parkinson's, individuals with mobility challenges, and seniors 65+. Care partners are also invited to join in.

### All levels of mobility are welcomed!

Seated or standing options are offered for each exercise.

**NO DANCE EXPERIENCE IS NECESSARY**

## JOIN US ANY TIME!

Every Friday

from: **MARCH 17**

to: **APRIL 14**

**10:30 AM - 11:30 AM**

**Kick off class:**

**Saturday, March 11 at 11:30AM**

### TO PRE-REGISTER:

**IN-PERSON:** by calling SLS FITNESS at (978) 459-5959  
345 Chelmsford St, Lowell, MA 01851

**FOR ZOOM REGISTRATION:** email Donna Miceli at  
miceli.dmdc@gmail.com

OR register by clicking this link [here](#)

\*[Click here](#) to sign up for a free zoom account on your computer, smartphone, or tablet.

### Classes are Free or by Donation

Research shows dance improves, gait, posture, balance and rigidity. Class is designed to be physically, cognitively, creativity, and socially stimulating!



**YOU BELONG HERE....CELEBRATE the MOVEMENT, the MUSIC, the DANCE!**

This program is supported in part by a grant from the Lowell Cultural Council