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**FOR IMMEDIATE RELEASE**

**THE AMERICAN DANCE FESTIVAL RECEIVES GRANT FOR ITS  
PARKINSON'S MOVEMENT INITIATIVE**

**Durham, NC, July 12, 2017**—The American Dance Festival (ADF) received a grant of **\$21,500** from the **National Parkinson Foundation** and **Moving Day® North Carolina, a walk for Parkinson's**, for a new program entitled the **Parkinson's Movement Initiative**. Beginning in July 2017, the Parkinson's Movement Initiative at ADF will offer **free** weekly classes at **ADF's Samuel H. Scripps Studios** in partnership with **NC Dance for Parkinson's** and **Poe Wellness Solutions**. The program will also offer workshops, outreach classes, and volunteer opportunities for free to the local community. By providing a regular class schedule at a single accessible location as well as outreach into the surrounding communities, the program addresses the need for consistent movement opportunities for the Triangle PD population. This program is an extension of ADF's 84-year history as a service organization to the dance field and is designed to demonstrate the extraordinary and impactful relationship that movement and dance have as an effective therapy for the PD population.

Pilates for Parkinson's with Poe Wellness Solutions consists of a warm-up focusing on alignment, exercises challenging strength and balance, and a cool-down for stretching and relaxation. All exercises will be explained and demonstrated with options for beginners as well as more advanced participants. Exercises will be performed seated in a chair, standing with wall or chair for support, and on the floor. Each class will explore new ideas for improving strength, flexibility, and balance. NC Dance for Parkinson's is modeled after the Dance for PD® program, developed by the Mark Morris Dance Group and Brooklyn Parkinson Group, and ADF's instructors have attended their training workshops in Brooklyn. Although the class conveys the benefits of exercise, it also highly values the creative expression, aesthetics, and artistry that are at the core of dance as an art form. Participants learn choreography in a variety of dance styles, including ballet, modern, jazz, and cultural/folk, and have opportunities to improvise, creating unique movement sequences. A typical class includes movement done seated, standing, and locomoting, with adaptations offered based on each individual's level of comfort and mobility.

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July classes will be held on Sundays (Dance for Parkinson's) and Mondays (Pilates for Parkinson's) from 2:00-3:15pm, July 9–31. Fall classes will be held on Mondays and Wednesdays starting September 11. For additional information and to register for classes, visit <http://www.americandancefestival.org/education/dancestudios/drop-in-classes/>

ADF's Samuel H. Scripps Studios were built to be physically accessible to people with disabilities. Wheelchair-accessible parking, restrooms, studios, and an elevator are all readily accessible.

### PROMOTIONAL PHOTOGRAPHS AVAILABLE UPON REQUEST

#### **About ADF:**

*Throughout its 84-year history, ADF has been a nationally recognized leader in our indigenous art form of modern dance. Generations of dancers and choreographers have come to ADF as students, taught as faculty, and created and performed work as professional artists. Each summer, ADF has been the beating heart of the dance world. The best companies in the world premiere work on ADF's stage, much of it commissioned by the festival. Other festivals and season programs are measured against ADF. Over 26,000 people see performances by more than 20 companies each season. The festival has commissioned 418 works and premiered 681 pieces including dances by Martha Graham, Merce Cunningham, and Paul Taylor. Each summer at ADF, more than 420 students from some 20 countries and 40 states study with ADF's 70 faculty members. They come as kids in leotards with as many doubts as dreams. They leave as dancers and artists—and sometimes even new members of companies. Lives change in those 6 sweaty weeks. Beyond the summer, ADF maintains year-round dance studios offering movement classes to over 770 participants, provides over 190 free classes to more than 3,200 local dancers, and offers choreographic residencies providing artists with the necessary space and time to create. [americandancefestival.org](http://americandancefestival.org).*

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