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## FOR IMMEDIATE RELEASE

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

**Durham, NC, August 16, 2018**—The American Dance Festival (ADF) received additional funding from the Parkinson's Foundation to continue its Parkinson's Movement Initiative classes in partnership with NC Dance for Parkinson's and Poe Wellness Solutions. 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.** This program is an extension of ADF's 85-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. One of ADF's workshop participants stated, "I like the challenge to better understand and improve my movements. I feel like I have more self-confidence as a result of the classes." During the first year of the grant, ADF's program served 189 participants. **The fall term kicks off September 10 and runs through December 16. These are free classes, but pre-registration is required to participate.** Unless otherwise noted, all classes and workshops are held at ADF's Samuel H. Scripps Studios, 721 Broad Street, Durham, NC 27705. The fall term schedule is as follows:

#### **Pilates for Parkinson's with Meg Poe**

**Mondays, 2:00-3:15pm and Wednesdays 2:00-3:15pm**

Pilates for Parkinson's consists of a warm-up focusing on alignment, exercises challenging strength and balance, and a cool-down for stretching and relaxation. All exercises are explained and demonstrated with options for beginners as well as more advanced participants. Time is spent seated in a chair, standing with the wall or a chair for support, and on the floor. Each class explores new ideas for improving strength, flexibility, and balance.

#### **NC Dance for Parkinson's with Susan Saenger and Lindsay Voorhees**

**Sundays, 3:00-4:15pm**

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 our teachers have attended their training workshops in Brooklyn. Although the class conveys the benefits of exercise, it

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also highly values the creative expression, aesthetics, and artistry that are at the core of dance as an art form. Participants will learn choreography in a variety of dance styles, including ballet, modern, jazz, and cultural/folk, and have opportunities to improvise and create 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. Participants dance together, in partnerships, and at times, solo. In addition to dance, the teachers utilize related art forms such as theater games, poetry, image-based mindfulness, and storytelling to foster creative and expressive experiences. The class also promotes a sense of community where isolation is broken and meaningful connections are formed through the joy of dance.

**For all inquiries, please contact [studios@americandancefestival.org](mailto:studios@americandancefestival.org).  
Promotional photographs available upon request.**

**About ADF:**

*Throughout its 85-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. Approximately 20,000 people see performances by more than 25 companies each season. The festival has commissioned 437 works and premiered 699 pieces including dances by Martha Graham, Merce Cunningham, and Paul Taylor. Each summer at ADF, more than 300 students from some 17 countries and 36 states study with ADF's 40 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 5½ sweaty weeks. Beyond the summer, ADF maintains year-round dance studios offering movement classes to over 650 participants, provides over 180 free classes to almost 4,000 local dancers, and offers choreographic residences providing artists with the necessary space and time to create. [americandancefestival.org](http://americandancefestival.org).*

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