

FREE CLASSES

— ADF PARKINSON'S

2024 Fall Classes

September 16–December 15, 2024
No Classes November 25–December 1, 2024

MOVEMENT INITIATIVE



PWR! Moves Parkinson's Wellness Recovery (In-Person)

— with *Rebecca Bliss*

Thursday 2:00–3:00 pm

Scan Here to Register



Virtual Dance For Parkinson's (on Zoom)

— with *Susan Saegner* —

Friday 11:00–12:15 pm

— Questions? Please call 919-797-2871,
email studios@americandancefestival.org,
or visit americandancefestival.org



**William R. Kenan, Jr.
Charitable Trust**



ADF's Parkinson's Movement Initiative is currently in partnership with the NC Dance for Parkinson's and is supported by the William R. Kenan, Jr. Charitable Trust, RTI International, and individual donors.