

FREE CLASSES

— ADF PARKINSON'S

2025 Winter/Spring Classes —

INITIATIVE

MOVEMENT



PWR! Moves Parkinson's Wellness Recovery

(In-Person)

— with *Rebecca Bliss*

**Thursdays from 2 pm–3 pm
January 9–January 30**

Scan Here to Register



Virtual Dance For Parkinson's

(on Zoom)

with *Susan Saegner* —

**Fridays from 11 am–12:15 pm
January 10–May 2
No Class April 4**

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

