

FREE CLASSES

— ADF PARKINSON'S

2025 Summer Classes —

MOVEMENT

INITIATIVE



PWR!Moves Parkinson's Wellness Recovery

(on Zoom)

— with *Rebecca Bliss*

**Thursdays from 2 pm–3 pm
July 10–August 21, 2025**

Scan Here to Register



Virtual Dance For Parkinson's

(on Zoom)

— with *Susan Saegner* —

**Fridays from 11 am–12:15 pm
May 30–July 4, 2025**



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