

Reach for It!

A FREE program of dance for elders
and persons with Parkinson's hosted
both online and in-person!

We dance for...

FUNCTION & WELLBEING

Research shows

- Older adults who dance on a regular basis have greater flexibility, postural stability, balance, physical reaction time, and cognitive performance than older adults who do not dance on a regular basis.
- Dance interventions increase the functional fitness of older adults, which strengthens their bodies, allowing them to perform day-to-day tasks independently.



PASSION & MOTIVATION

Research shows

- Aesthetic forms of expression build passion and can contribute to older adults' physical, intellectual, and social development.
- Dancing can produce physical results comparable with those of formal exercise training, and it also has been found to improve social and behavioral factors, such as self-motivation.



COMMUNITY & CONNECTION

Research shows

- Dance can improve the emotional, psychological, and physical well-being of individuals.



Reach For It



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