

# 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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