

REACH FOR IT: A PROGRAM OF DANCE FOR PERSONS WITH PARKINSON'S



Funded by Xandi Johnson Memorial Foundation
Sponsored by the Nebraska Chapter of APDA,
UNO's College of Education & The Moving Company
2016 Spring Session at the University of Nebraska at Omaha

Friday Mornings: 10:30 am-11:30 am @ the Dance Lab
in the School of HPER, Room 228

March 25th - May 20th, 2016

Please call by March 24th to reserve your parking spot on campus.

Call UNO at 402-554-2670 Space is limited.

Participants will exercise and have fun using the fluidity of dance to work on balance, strength, movement, and coordination. This class will integrate multiple styles of dance and [live] music to engage the mind and body. *Reach for It* combines the easy-going interaction of a group with movement tailored to the individual participant's level of mobility. Individualized support is provided through collaboration with the UNO chapter of the National Student Speech Language Hearing Association (UNO NSSLHA).

10-week session: \$50 to be paid at the first class

Family, friends, and caregivers may accompany participant at no charge.

Details and directions for access to parking space and to the School of HPER's

Dance Lab, room 228, will be given upon phone registration.

Director & Lead Teacher: Danielle Laurion, Piano: Esther Wax