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

2015 Fall 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
September 11-November 20

Register for a place in the Class & for a Reserved, Close Parking Space at

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