



901 Third Street, Anacortes, WA 98221
 (360) 299-8447 dance@fidalgodanceworks.org

Dance for Parkinson's

Tuesdays, 1:00 – 2:30pm

Session 1: January 3 – February 7

Session 3: April 10 – May 15

Session 2: February 21 – March 27

Class Price: \$10 per class or \$55 for 6-week series (introductory rate)

While we encourage attending the complete series, drop-ins are welcome throughout the series.

Accompanying caregivers participate at no charge.

Offered for people with Parkinson's Disease and their caregivers, this dance class is designed to engage participants' minds and bodies through many styles of dance, while addressing such PD-specific concerns as balance, flexibility, coordination and gait. Taught by a professional dancer trained in the Dance for PD® method, the class is offered in a relaxed social environment that emphasizes enjoyment rather than therapy. In each six-week series, participants will stretch and strengthen muscles, focusing on grace and rhythm. We will learn how to use thought, imagination, eyes, ears and touch to control and find pleasure through movement and music.

No previous dance experience is necessary; participants may stand or sit as preferred. People with MS and other neuromuscular conditions are welcome to give the class a try; please call ahead so we know to expect you. Accessibility: Fidalgo DanceWorks' studio has one low indoor step; assistance for participants with wheelchairs or walkers is provided by the instructor.

Instructor Corrie Befort has been performing internationally for the past 12 years and is now based in Seattle and Anacortes where she lives with her US Navy husband. Trained by the Mark Morris Dance for PD® program (NYC), she has been teaching classes in Kirkland through Evergreen Hospital for the past two years.

Questions about registration call: (360) 299-8447 or write to: dance@fidalgodanceworks.org

Questions for the instructor call: (206) 910-3017 or write to: corriebefort@gmail.com

Dance For Parkinson's Registration Form

Student Name _____

Billing Address _____

Street / PO Box

City

State

Zip

Phone _____ Email _____

Caregiver's Name _____ Phone _____

Emergency Contact & Phone (if different from Caregiver) _____

Payment options (please make check to FDW)

Full Series: \$55 ____ Single Class: \$10 ____

I, the student or caretaker named above (parent or legal guardian if under 18), understand that dance is a physical activity that may cause injury, and that it is my responsibility to consult with a physician prior to enrollment in classes, performances, or other activities at Fidalgo DanceWorks (FDW). I agree to assume full responsibility for any risks, injuries, or damages that may occur as a result of my or my student's participation at FDW, and further agree not to hold FDW, its board of directors, employees, or volunteers liable for injuries sustained, illnesses contracted, or personal property lost due to said participation. I also agree that photographs and videos of students in class, rehearsal and performance may be used for promotional purposes by FDW in printed and online media as FDW deems appropriate.