



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# DANCE MOVEMENT COMMUNITY

## Dance for Parkinson's Disease Class FARMINGTON FAMILY YMCA

Take Root's Dance for Parkinson's Disease program is for those living with Parkinson's Disease & their spouse/caregiver to come move, connect, create & find joy in the connection with others through music & movement. Led by Take Root's professional company members who have been trained under the Dance for PD program at Mark Morris in Brooklyn, N.Y.

Classes are offered at no cost to anyone in the community living with Parkinson's Disease.

This class is made possible by a grant from The Kirk Gibson Foundation.

For more information please visit [www.takerootdance.com](http://www.takerootdance.com)

### FARMINGTON FAMILY YMCA

28100 Farmington Road, Farmington Hills, MI 48334

P (248) 553-4020 (248) 553-4020

Everyone is welcome. The YMCA of Metropolitan Detroit strengthens communities through youth development, healthy living and social responsibility.



**Thursday 10:45 am**  
**No cost to community**

Class starts March 14th  
Studio A

To enroll, click here or go  
to [bit.ly/3uNPkwM](http://bit.ly/3uNPkwM)

