



DECIDEDLY JAZZ DANCEWORKS



DANCING PARKINSON'S YYC VIRTUAL CLASSES

Launched in 2013, **Dancing Parkinson's YYC** (DPYYC) provides dance classes for people with Parkinson's disease. Research has demonstrated that dancing improves motor and cognitive functions in Parkinson's patients and positively impacts quality of life. With live musical accompaniment and a focus on rhythm, body awareness, muscle development, coordination and socializing, the DPYYC classes have proven to be an uplifting and restorative experience for participants.

Please note that, until further notice, we will be continuing to offer our classes online.

Live Zoom classes will be offered on Tuesdays at 1:30 p.m. and for those who do not wish to participate in the Zoom events, links to recorded classes will be made available to all who register.

COST

Unlimited classes are available with a \$50 annual registration fee per person.

New participants may join at any time.



FOR MORE INFORMATION AND TO REGISTER CONTACT KATE CUNNINGHAM

EMAIL dancingparkinsonsyyc@decidedlyjazz.com | **PHONE** 403-228-8188

VISIT decidedlyjazz.com/classes

