

Dance for Parkinson Program

Councilwoman Chauna Banks and the New Orleans Ballet Association will present a Parkinson's information and movement workshop on Friday, March 31, 2023, 10am-12noon at the Jewel J. Newman Community Center, located at 2013 Central Ave., Baton Rouge, La. Any form of movement and exercise programs is great for treating Parkinson's and other aging disorders/disabilities. Ballet helps to improve the balance, strength, and flexibility for Parkinson's affected individuals, who are prone to hospitalizations due to freezing and falling.

The goal is to help others get diagnosed (particularly those in underserved communities) and incentivize the continuation of exercise for everyone involved. People with other similar movement disorders benefit from exercise programs as well, the class is for anyone struggling with movement and handicap issues.

The workshop will begin with a Q&A from a local health professional and then followed by a 45-60 minute seated dance class. Light refreshments will be served following the class.

REGISTRATION OPENS: APRIL 15, 2023:

<https://www.eventbrite.com/e/dance-for-parkinson-program-tickets-570110254117>

For more information, contact Kirstin Wright at ktwright@brla.gov or Krystal Thomas at kthomas@brla.gov.