

Project overview...

People with Parkinson's disease, their caregivers, partners and friends recently had a chance to participate in a specialised Dance for Parkinson's class based on the original Dance for PD® program on 30 September 2018.

"Dancing for Parkinson's"

Coffs Harbour

Dancing for Parkinson's Innovation Fund in action...

The local Parkinson's Coffs Harbour community had a ball exploring a variety of dance genres in a non-pressured environment.

There was no need for participants to have prior dance experience but they were supported to explore elements of modern dance, ballet, tap and social dancing. The group also made time to connect with others over a cuppa and a chat.

