

# ..... Dance for Life & Dance for MS .....

Dance for Life and Dance for MS are free, weekly, virtual dance classes for people with a diagnosis of Parkinson's disease (PD), Multiple Sclerosis (MS), and other similar movement disorders.



The programs are designed to help participants improve physical well-being, social interaction, & creative expression, as well as targeted improvements in balance, strength, and mobility. The class involves both seated and optional standing movement activities that incorporate elements of modern dance, jazz, ballet, yoga, and social dance.

The classes are accessible through Zoom and are best viewed from a larger screen, like a computer, TV, or tablet. A smart phone will also work.

It is encouraged to participate in class in a space where one can move safely, freely, and comfortably in a seated position, as well as standing.

For more information, email Whitney Wilson at [wwilson@arts.ufl.edu](mailto:wwilson@arts.ufl.edu)

## Dance for MS - Tuesdays 3:30-4:30pm

<https://ufl.zoom.us/j/94643714336?pwd=SmMrdmZPeGw4L2NNbU4vTjZkV3p2dz09>

Meeting ID: 946 4371 4336  
Password: **dance4ms**

## Dance for Life - Wednesdays 2-3pm

<https://ufl.zoom.us/j/93316157453?pwd=KzlTMVNJQTdCMXBobDFua3F3K1FDUT09>

Meeting ID: 933 1615 7453  
Password: **dance4life**