

Parkinson's Dance Project

Age Requirements

18 and over

Family

No

Intake Contact Email

dance@simplyballroomva.com

Intake Process

Call the office

Provider Refer

Yes

Self Refer

Yes

Simply Ballroom

<https://www.simplyballroomva.com>

<https://www.richmondparkinsonsdanceproject.com/>

Main

(804) 276-3343

3549 Courthouse Road

23236 VA

United States

Languages Spoken

English

Simply Ballroom Dance Studio offers Richmond Parkinson's Dance Project every Wednesday from 11am-12Noon. There is no charge for this class. Persons with Parkinson's Disease (PD), caregivers, spouses, family, friends are all welcome to come and participate. The first half to 3/4 of the class is done seated and then chairs are used for support for standing dance exercises. Most of the standing or walking dance moves can be modified to suit people using a wheelchair.

Dance for Parkinson's is a social activity and excellent exercise. Dancing stretches, strengthens and relaxes muscles. Dance is also a mental activity, using the brain and body to control movement.

Studio is fully accessible. Donations are welcome.

Service Area(s)

Chesterfield County

,

Colonial Heights City

,

Hanover County

,

Henrico County

,

Hopewell City

,

Powhatan County

,

Richmond City

Email

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