

Tango for PD



Neuroscience Supportive Care Program

Supported by the American Parkinson Disease Association, this class teaches Argentine Tango as an exercise for improving movement and balance for adults with Parkinson's. Through musicality and movement of Tango patterns, you are taught to become more aware of your center of balance and body movement while having the enjoyment of dancing.

Students must be able to walk onto the dance floor to join the class. No previous experience in Tango or any other form of dance is necessary. The class is open for anyone from a beginner through experienced dancer along with their partners (bringing a partner is preferred but not necessary). **Walk-ins welcome.**



- Dates:** Every Wednesday
No class: 7/4, 11/21, 12/26, 1/2/19
- Time:** 2:15pm – 3:45pm
- Location:** Stanford Neuroscience Health Center
213 Quarry Road
Wellness Room 1511
Palo Alto, CA 94304
- Question:** Call 650.721.8500
- Website:** www.stanfordhealthcare.org/nscp

The Stanford Supportive Care Program provides free classes, workshops, fitness classes, services, and support to all neuroscience patients regardless of where they receive their care.



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