



## Belmont Senior Center to host Urbanity Dance Studio

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Belmont Senior Center will host Urbanity Dance Studio of Boston's Dancing with Parkinson's six-week session at 9:30 a.m. Mondays beginning April 22 at the Beech Street Center, 266 Beech St., Belmont.

Dance with Parkinson's is a class for individuals with Parkinson's disease and other movement disorders who wish to keep active and move in a fun, welcoming and safe environment. Instructor Betsi Graves, director of Boston's Urbanity Dance Studio, will guide participants through exercises designed to enhance and maintain mobility, flexibility, balance, posture, coordination and strength, which are easily modified for various levels of mobility.

In this social, creative outlet, participants can discover or rediscover the joy of movement.

Caregivers and loved ones are welcome to attend, although not required. All are welcome. Chairs will be provided for those who like to dance seated. No previous dance experience is required.

There will be a nominal fee depending on the number of participants. The more dancers there are, the smaller the individual charge.

For information, contact the Beech Street Senior Center at 617-993-2970.