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# Movement as Medicine

*A Dance for Parkinson's Program*



16-NEURO-06385



# Treating Parkinson's Through Creative Dance

The Movement as Medicine class is designed for people battling Parkinson's disease and addresses issues of rigidity, balance, slow movement and spatial awareness through the use of creative, therapeutic movements and dance. Participants are empowered to explore motion with music in ways that are enjoyable and stimulating. The class also helps people with issues such as depression, physical confidence, motor skill challenges and cognitive concerns.

## Comprehensive Benefits

- Helps develop flexibility and instills confidence
- Provides a stimulating mental activity that connects the mind to the body
- Promotes socialization and breaks isolation
- Invokes imagery in the service of graceful movement
- Increases awareness of where all parts of the body are in space

## Art-enhanced Therapy

The Movement as Medicine class is the result of a unique partnership between the Parkinson's Outreach Center, Valencia College and the Florida Hospital Neuroscience Institute. The class is led by Suzanne Salapa — head of the Valencia College department of dance. Dr. Salapa completed her Master of Fine Arts degree in dance at Florida State University and received her PhD in education from the University of Central Florida. She has been formally trained in the internationally acclaimed Dance for PD® program.



***"I highly recommend Movement as Medicine as an effective form of exercise."***

**Sheila Baez-Torres, MD**  
Movement Disorder Specialist

## Class Schedule

**1<sup>st</sup> and 3<sup>rd</sup> Thursday of Each Month**  
**2:00 – 3:15 pm**

**Florida Hospital Church**  
2800 North Orange Avenue, Room 105  
Orlando, FL 32804

Movement as Medicine classes are designed for all levels of ability. Care-partners are encouraged to participate. Classes are free. To see videos of Dance for PD® classes visit [DanceForParkinsons.org](http://DanceForParkinsons.org).

*A voluntary donation of five dollars per couple for each class is appreciated to help cover expenses.*

**To learn more, contact the Parkinson Outreach Center at (407) 303-5295 or email [FH.Parkinsons@FLHosp.org](mailto:FH.Parkinsons@FLHosp.org).**