

DANCE FOR PARKINSON'S



“Today's been a good day, beats being at home feeling down...great dancing, music and cakes, thank you”

- Participant | cyfranogwr, Wrexham | Wrecsam



Dance for Parkinson's classes are fun and informal. Dance has been proven to develop confidence and strength, whilst temporarily relieving some participants of symptoms in everyday life.

We are an Affiliated hub of English National Ballet's Dance for Parkinson's programme.

Mae ein dosbarthiadau Dawnsio ar gyfer Parkinson's yn hwyliog ac anffurfiol. Profwyd bod dawns yn datblygu hyder a chryfder, wrth leddfdu rhai symptomau bob dydd cyfranogwyr.

Rydym yn hwb Cysylltiedig ar gyfer rthaglen Dance for Parkinson's, English National Ballet.

national dance
company wales
cwmni dawns
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**English
National
Ballet**

Cyngor Celfyddydau Cymru
Arts Council of Wales



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