



Inova Narang Foundation Active Living and Fitness Program Presents

## Dance for Parkinson's Disease

Music | Seated Dance | Stretch | Movement

Join us for a **FREE** 60 - minute Parkinson's Dance Class on Wednesdays 11:00 am-12:00 pm

Located at 8100 Innovation Park Drive, Lower Level, Fairfax, VA 22301

According to the most recent systematic reviews of dance programs for people with Parkinson's, dancing has been reported to:

- Improve balance, gait, and endurance
- Decrease motor impairment
- Improve executive and visuospatial function
- Increase social support

Meet your instructor!



Lucy Bowen McCauley, Certified Dance for PD Teaching Artist, Bowen McCauley Dance Co.

Register at [inova.org/fitpass](https://inova.org/fitpass)

Questions? Contact [myinovawell@inova.org](mailto:myinovawell@inova.org)

Hours of Operation:  
M-F : 5.30am-8.30pm

P: 571-472-1440

Located at 8100 Innovation Park Drive,  
Lower Level, Fairfax, VA 22031



Connect with us:

 @InovaWell  @Inovawell  /inova-well