Dates for the 2012-2013 Season

All sessions are Tuesdays
11:30 a.m.-12:30 p.m.,
Windfall Dancers Studio
1101 North Dunn Street
Bloomington, IN

FALL SEMESTER DATES:

September 25
October 2, 9, 16, 23, 30
November 6, 13, 27
December 4, 11

A suggested fee is $5 per session; however, no one is turned away because of inability to pay.

Welcome to all persons living with Parkinson’s and a caregiver/companion.

To learn more about the program, please visit this web link:

“Dance Helps Parkinson's Patients Harness Therapeutic Power of Movement”
http://www.youtube.com/watch?v=D0QLKDYkQsw

Questions? Call Marie-Louise (Weezie) Smith: 812-336-2429

ACKNOWLEDGEMENTS

IU Contemporary Dance
IU School of Public Health – Bloomington
Department of Kinesiology
Windfall Dancers
IU Health - Community Health
Elizabeth Shea
David & Marie-Louise A. Smith
Mildred Perkins

Cover Photos from
the Mark Morris Dance Center

DANCE FOR PARKINSON’S DISEASE®

A degenerative disease of the brain, Parkinson’s Disease is a movement disorder characterized by muscle rigidity, tremor and a slowing of physical movement. It has been known for some time that exercise helps ease the symptoms and may even slow the progression of the disease, but it has only recently been suggested that dance might be the most effective form of exercise for the Parkinson’s patient.

In Dance for PD®, participants are empowered to explore movement and music in ways that are refreshing, enjoyable, stimulating and creative. An ongoing collaboration between the Mark Morris Dance Group and the Brooklyn Parkinson’s Group began in 2003. They now provide teacher training for more than 60 groups around the world.

The Dance for PD® method has been presented at the International Congress for Parkinson’s Disease and Related Disorders in Berlin 2005, the World Parkinson Congress in Washington DC 2006 and at Neuroscience 2008 in Washington DC. The program was recognized as a model program at the Society for the Arts in Health Care’s annual conference 2010. The World Parkinson Congress in Glasgow featured a workshop on “Dance and Parkinson’s Disease” and demonstration classes (September 2010) and a demo class was included in the 2011 unity walk in Central Park.

Features about the program have appeared on PBS Newshour, NPR, CBS, ABC, and Reuters, and in The New Times and USA Today among others.

In his book Musicophilia: Tales of Music and the Brain, neurologist Oliver Sachs writes that music gives Parkinson’s sufferers exactly “what they lack, which is tempo and rhythm and organized time.” He might have added that dancing to live music infuses their lives with energy and joy.

Bloomington classes are sponsored by the IU Contemporary Dance Program, Department of Kinesiology. They will be held weekly beginning September 25 at the Windfall Dance Studio from 11:30-12:30 Tuesday mornings. The Windfall Dance Studio is located at 1101 North Dunn Street, Bloomington. For additional information contact Weezie Smith 812-336-2429.

ROBERTA WONG

Roberta Wong, program instructor, is an adjunct lecturer in ballet and modern dance at the IU Contemporary Dance Program, and trained in ballet in the Davis and Sacramento, CA areas with Haneke Lohse, Marguerite Phares, and Katie Heil. She attended the San Francisco Ballet and Marin Civic Ballet summer programs. Other training in San Francisco and New York includes Alan Danielson, Arturo Fernandez, Zvi Gothier, David Howard, and Mark Morris.

She danced professionally with the Boston Ballet, Indianapolis Ballet Theatre and Dance Kaleidoscope (DK), also serving as company teacher and rehearsal director. While with DK she also performed with the Green Show of the Oregon Shakespeare Festival. She has also performed with the Indianapolis Symphony Orchestra's "Yuletide Celebration" and Indy Convergence.

Various other teaching includes Stage I Dance Academy, Lafayette Ballet Company, Mid-States Regional Dance Festival, Indiana Repertory Theater Summer workshop and Gregory Hancock Dance Theater. She is also currently adjunct faculty at Butler University and Jordan Academy of Dance, Indianapolis, and was faculty and coordinator at the Anderson University dance program.

Roberta is the recipient of two Creative Renewal grants from the Arts Council of Indianapolis and an Individual Artist Program grant from the Indiana Arts Commission for continuing study at the Martha Graham Center for Contemporary Dance and served as IU Dance Theater rehearsal director for "Panorama," under Sandra Kaufmann.

She has choreographed for Harvest Chicago Contemporary Dance Festival, Indy Convergence, IU Dance Theater, Jordan Academy, Anderson University, Pike High School and the Emily Hunt Benefit for Spinal Cord research.

Roberta has completed the training program for PD® with David Leventhal and has taught program participants in Indianapolis.

Sessions will be assisted by Dance majors from the IU Contemporary Dance Program.