

# PDdance & PDexercise (Powder Busters)

Innovative physical activity classes for people living with Parkinson's disease

Teaching Artist Cynthia Pegado, BFA

"Bringing the joy of movement back to people living with PD"

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Designed to address Parkinson's disease issues of  
balance, flexibility, mobility, coordination, gait, isolation and depression

Classes welcome all physical ability levels, including people who use walkers & wheelchairs  
No prior experience needed.

**FUN and FREE!** Come to any or all classes. Family members & care-partners are invited!

## SUMMER 2017 SCHEDULE

### Williamsville

**Mondays – each week starting June 5th – Dance 11:00 - 12:15, Exercise 12:30-1:30**  
**Faith United Church of Christ Fellowship Hall, 1300 Maple Road (at Hopkins)**  
**Live piano accompaniment (dance class); off-street parking lot; accessible entry**

### Canalside Buffalo

**Tuesdays – June 6- August 29 – 10:00 - 11:00**  
**"EVERYONE Can Dance" PDdance**

**Outside! On Pierce Lawn, corner of Lloyd & Prime Streets, by the Commercial Slip**  
**Bring a hat, sunscreen and water. Handicap parking on Lloyd St. Regular parking on Prime St.**

### Kenmore

**Thursdays – each week – Exercise 12:30-1:30, Dance 1:45 - 3:00**  
**ModDance Studio: 2890 Delaware Avenue at Delaware Road**  
**Accessible entry and adjacent off-street parking lot on Lincoln Blvd**

### Burchfield Penney Art Center

**"Art Moves Me" PDdance**

**Coming soon! Contact Cynthia to be notified of day and time**

Please register with Cynthia Pegado at [cypegado@gmail.com](mailto:cypegado@gmail.com) 262-8122  
or Chris Jamele at National Parkinson Foundation WNY [cjamele@npfwny.org](mailto:cjamele@npfwny.org) 449-3795

Cynthia Pegado, Bachelor of Fine Arts, *cum laude*, Dance Performance  
Arts in Healthcare Specialist in chronic disease management, dance and physical activity classes  
International professional performance career in ballet, Dance for PD<sup>®</sup> trained