



# GREY MATTERS

DANCE FOR PARKINSON'S | UNIVERSITY OF UTAH

## JOIN OUR DANCE CLASS!



Our dance class is designed for those living with Parkinson's. We offer **free dance classes weekly to the community** through partnerships with Westminster Dance, Deseret Experimental Opera and the Skagg's Wellness center. This class is not only for those living with Parkinson's but also anyone wanting to work on exercise, balance and mobility in a fun, creative way. So if you know anyone who could benefit from these classes, send them our way!

**FREE  
CLASSES**

### More info:



Westminster University  
Gillmor Hall,  
Performance Studio



Fridays @ 2pm  
Also online over ZOOM!



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