

# Tango for PD



## Neuroscience Supportive Care Program

This class teaches Argentine Tango as a partnered exercise for improving movement and balance for adults with Parkinson's. Through musicality and movement of Tango patterns, you are taught to become more aware of your center of balance and body movement while having the enjoyment of dancing while embracing a partner. Using the embrace and a partner allows the students to feel comfortable in their stability and balance while reducing the need for canes or other aids.

Students must be able to walk onto the dance floor to join the class. No previous experience in Tango or any other form of dance is necessary. Bringing a partner is preferred but not necessary. **Walk-ins welcome.**

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- Dates:** Every Wednesday  
*No class: 7/3, 9/4, 11/27, 12/25, 1/1/20*
- Time:** 2:15pm – 3:45pm
- Location:** Stanford Neuroscience Health Center  
213 Quarry Road  
Wellness Room 1511  
Palo Alto, CA 94304
- Question:** Call 650.721.8500
- Website:** [www.stanfordhealthcare.org/nscp](http://www.stanfordhealthcare.org/nscp)

*The Stanford Supportive Care Program provides free classes, workshops, fitness classes, services, and support to all neuroscience patients regardless of where they receive their care.*

