

Dancing with Parkinson's

Let's Dance UK

Let's Dance is a national campaign led by Dame Angela Rippon. Their goal is to get people moving, connecting, and having fun – together.

www.lets-dance.org.uk

Where can I find a dance class for people with Parkinson's? Dance classes for Parkinson's can be online or in person and there are also some great online videos of routines from Parkinson's organisations across the world.

You can find your local Parkinson's Dance Class online or in person at: www.communitydance.org.uk/what-we-do/live-well-and-dance-with-parkinsons



Scan for more information

The NHS logo, consisting of the letters 'NHS' in white on a blue rectangular background, positioned in the top right corner of the page.



Why Dance?

Dance is a great form of physical activity. The combination of movement with music and learning dance routines means that Dance is good for your physical and mental health.

If you have Parkinson's, dance has been shown to have many benefits including improve gait, stability, coordination and mental wellbeing.

Will dancing be right for me?

Give it a go and see! One of the great things about dance is there are lots of different types and whether you enjoy classical music or disco classics, there is lots to explore.

Basic dance techniques can improve your posture, core strength and coordination.

Dance can be standing or seated and tailored dance classes for people living with Parkinson's mean that it is accessible to everyone at any stage.

Joining a class is also a great social activity, even if it's online, and can be a great thing to do with other people.



Every move matters

Being active is important for everyone. It can make you feel good inside and out. It can maintain your health. It can lift your mood.

And if you have Parkinson's, it can help manage your symptoms. The more physically active you are, the easier it is to live well with Parkinson's.

Being active for 2.5 hours a week can help manage Parkinson's symptoms, and has a positive impact both physically and mentally. Physical activity can be as important as getting the right dose of medication.