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# MEDIA ALERT



## April 11, 2023: The Flynn's Movement for Parkinson's and Wellness Class Performs on Church Street for World Parkinson's Awareness Day

BURLINGTON, VT — Join the Flynn and the University of Vermont's Frederick C. Binter Center for Parkinson's and Movement Disorders for 2023 **World Parkinson's Awareness Day**. The morning begins with a number of informative and **interactive presentations** to mark the day and help spread awareness, held at **Contois Auditorium in Burlington City Hall from 10-11 am**. The hour features presentations and demonstrations by organizations offering a variety of classes for the Parkinson's community, including PushBack at Parkinson's Disease, Rocksteady Boxing, Tai Chi for People with Parkinson's, Circle Singing, and PD Mime Therapy.

Then, at **noon on Church Street in front of Burlington City Hall**, take part in a **flash mob performance presented by the Flynn's Movement for Parkinson's dance program**. Led by certified Dance for PD teacher Sara McMahan, who has been recognized by the Mark Morris Dance Group and Brooklyn Parkinson Group, this year-round class is specifically designed for people who wish to continue moving dynamically despite movement challenges. The Movement for Parkinson's dancers have created a joyful public celebration of community and movement for the Church Street audience, with accompaniment by Spare Time Band - Burlington Taiko Group Emeritus Percussion Ensemble.

**WHERE AND WHEN:** World Parkinson's Awareness Day is on Tuesday, April 11. Information and learning sessions are held in Contois Auditorium in Burlington City Hall from 10-11 am. The Movement for Parkinson's dance program's performance is held on Church Street Marketplace in front of Burlington City Hall at 12 pm.

For press inquiries about this event, please contact Oliver O'Sullivan, marketing content manager, [osullivan@flynnvt.org](mailto:osullivan@flynnvt.org).