



FOR IMMEDIATE RELEASE

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Community dance classes in April to aid those with Parkinson's disease

BISMARCK, N.D. — A registered dance and movement therapist will be holding a unique dance class in April designed specifically for individuals with Parkinson's disease. The Parkinson's dance class series aim to improve participant' balance, gait and full-body movement. The course at Touchmark on West Century will be held every Monday at 3 p.m. beginning April 1.

The fee for the five-week Parkinson's dance class series is \$40. Participation is limited, but spots are currently available. Those wanting more information or to sign up can call 701-323-7000 or stop by Touchmark. Touchmark is located at 1000 West Century Avenue.

"We are very pleased to be offering this class to the Bismarck-Mandan community and excited to be working with Amanda Arso, who will be teaching the class," said Destiny Sisk, Touchmark Life Enrichment/Wellness Director. "Her background is extensive, and she has helped many in their overall mobility and well-being."

Arso is a Registered Dance/Movement Therapist with a Master of Arts in Dance/Movement Therapy and Counseling from Columbia College Chicago. Dance/movement therapy is the psychotherapeutic use of movement to promote emotional, social, cognitive and physical integration of the individual for improving health and well-being. Using dance as her medium, Arso has experience working with all ages. Her classes include Ballet for Cerebral Palsy, Autism Movement Therapy, All Access Dance and most recently, Essentials for Social Dancing. As a Life Enrichment/Wellness Coordinator at Touchmark, Arso uses dance to enrich the lives of others.

About Touchmark

A full-service retirement community, Touchmark on West Century offers a range of homes and lifestyle options for people 55-plus years. Membership in the Health & Fitness Club with indoor pool and variety of fitness options is open to anyone 50 years and older. For more information, visit Touchmark.com.

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