



***For Immediate Release***

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## **BOCA BALLET THEATRE'S BBT4PD PROGRAM RECEIVES RECEIVES RAVE REVIEWS FROM PARTICIPANTS**

BBT4PD – Dance for those living with Parkinson's disease is in its 3<sup>rd</sup> amazing season of movement based classes and the participants are loving it!



Our program enjoys title sponsorship from the American Parkinson Disease Association (APDA), an organization devoted to enhancing the lives of those living with PD. Each class flows with constant energy, led by Boca Ballet Theatre instructors, Cindy Surman and Dennis Lue, who trained with Dance for PD®, a collaboration between the Mark Morris Dance Group and the Brooklyn Parkinson Group.

The benefits of this special program for those living with Parkinson's are immeasurable, both physically and mentally. The support the students bring to each other is a social and emotional bonus that is priceless. Classes are open to anyone with Parkinson's, no matter their age, ability, or the advancement of their condition and are FREE of charge due to the support of APDA, Firstlantic Healthcare and the Boca Raton Regional Hospital Foundation.

The social atmosphere in each class is warm, inviting and uplifting, reflected by the students' smiles. Cindy and Dennis get them moving, stretching, and often times laughing! They enjoy the classes just as much as the participants, referring to the classes as the highlight of their week.

Live music provided by pianist, Martha Brown, keeps students engaged and motivated, as they enjoy many forms of dance including ballet, tap, jazz, Broadway style, improv and more. Finding just the right piece of music for each combination is Martha's specialty, and often the students break into song, when they hear a favorite tune as she creates her magic.



In each class you will find several volunteers who are able to assist with needs throughout the 1 ½ hour class. Extra hands, smiles and hugs abound from the wonderful helpers who bring their hearts and souls into each class with their service.



BBT is very proud of this outreach program and the passionate artists and generous community supporters involved. We want to extend a special thank you to the Boca Raton Regional Hospital Foundation for their generous donation. This donation made it possible for Boca Ballet Theatre's BBT4PD program and Program Director to become officially certified by **Dance for PD**. The Dance for

PD program offers internationally-acclaimed dance classes for people with Parkinson's Disease in 13 countries. "This certification adds a lot of credibility to our program", said Cindy Surman, BBT4PD Program Director, "and the training that I received will certainly be beneficial for the program participants".

There has been an array of positive feedback from the participants:

- "I love everything about the program, and the instructors are fabulous. The classes exercise both my mind and body." -Ceil Leit.
- "Joy, freedom, energy and emotional satisfaction are the words that express my feelings about BBT4PD." -Beth Ann Krug
- "It's the one place I feel accepted and welcomed." -Patti Kabram
- "The instructors have been outstanding! The class has been so relaxing and has assisted us all in getting out and moving our bodies! It's so motivating and the live piano music is inspiring." - Susan Carol Marks and her daughter, Melanie Marks-Ginsburg

Classes are held on Monday and Thursdays from 1:00 pm - 2:30 pm at Boca Ballet Theatre, 7630 NW 6th Avenue, Boca Raton 33487. Come give it a try – accompanying family members and caregivers are welcome! For more information about BBT4PD and for all inquiries about classes, registration, and how to support this program, please call (561) 995-0709.

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**About Boca Ballet Theatre:** Established in 1990, BBT is a nonprofit, award-winning civic ballet company that trains dance students, entertains audiences, and inspires the community through successful outreach programs. Under the guidance of Co-Artistic Directors Dan Guin and Jane Tyree, the mission is to enrich the cultural landscape of our community and educate its youth in classical ballet and concert dance through focused training, interaction with professional dancers and participation in full-length ballets and contemporary choreography. For more information please visit [www.bocaballet.org](http://www.bocaballet.org) or call 561-995-0709.