

For Immediate Release
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BBT4PD
Dance for those living with Parkinson's



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American Parkinson Disease Association Continues Sponsorship for BBT4PD



Back row (L-R): Andrea Doyle, Natalie Parker,
Gigi Gilcrease, Gary Dalin, Cindy Surman;
Front row: (L-R): Linda Gilchrist, Gail Baldwin, Rhoda Olchak

Boca Raton – After the successful launch of BBT4PD, a dance program for those in the community who are living with Parkinson's, the American Parkinson Disease Association (APDA) has graciously committed to sponsor the program again for its second year. APDA, an organization devoted to improving the lives of people with Parkinson's and their families, has supported BBT4PD since its pilot program took off in April 2013. Since then, classes running twice a week from September-May have touched the hearts of many in the community. The program features movement classes for all levels, abilities and ages, and is free of charge to those with Parkinson's, along with accompanying family members or caregivers.

Each hour and a half class has flown with exuberant energy, led by Boca Ballet Theatre faculty, Cindy Surman and Natalie Parker, who trained with Dance for PD®, a collaboration between the Mark Morris Dance Group and the Brooklyn Parkinson Group. Dedicated assistants Andrea Doyle, Vanessa Boltz, and Laurie Udine have also been incredible assets to the program. The live, uplifting music provided by pianist Martha Brown sets the perfect tone for the classes, while Cindy and Natalie's charismatic charm gets the group moving through a range of dance forms, including ballet, tap, jazz and modern, with each student participating based on their own level of comfort.

APDA Executives Leslie A. Chambers, President and CEO, and Michelle Harman McDonald, Vice President for Chapter Development and Field Operations, traveled from the New York headquarters to Boca Raton, joining Gigi Gilcrease, Executive Director of APDA's South Florida Chapter, to participate in a BBT4PD class.

"Everyone I spoke to was blown away by the teachers, the staff, and the piano accompanist. An entire room of smiling faces said it all. We are so pleased to be involved," Gigi Gilcrease had expressed when the program began. Prominent neurologist, Dr. Frederick Boltz, the program advisor, shared similar sentiments: "We are so excited to be a part of this program, especially to benefit the community of Parkinsonians in this area. While

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their medical needs are a priority, this artistic outlet provides a secondary supplement to support and enrich their lives.”

The benefits for those living with Parkinson's – and their family members alike – have been immeasurable, both physically and mentally, evident from the participants' positive feedback:

“I love everything about the program, and the instructors are fabulous. The classes exercise both my mind and body.”

“Joy, freedom, energy and emotional satisfaction are the words that express my feelings about BBT4PD. It's the one place I feel accepted and welcomed.”

“The instructors are outstanding! The classes have assisted us in getting out and moving our bodies! It's so motivating and the live piano music is inspiring.”

BBT4PD is open to anyone with Parkinson's, no matter the advancement of their condition. Starting on September 8th, 2014, classes will be held on Mondays and Thursdays from 1pm-2:30pm at Boca Ballet Theatre. For more information and for all inquiries about classes, registration, and how to support this program, please call 561.995.0709.

About American Parkinson Disease Association:

As the country's largest grassroots Parkinson's disease organization, the American Parkinson Disease Association (APDA) improves the lives of people with Parkinson's disease and their families from coast to coast with patient/caregiver support; education and positive lifestyle programs; awareness, social and fundraising events; and scientific research funding at all levels. Through a national network of Chapters, Information & Referral Centers, more than 1,000 support groups, and eight Centers for Advanced Research, APDA delivers help for today and hope for tomorrow. Visit www.apdaparkinson.org or call 1-800-825-2732 (South Florida Chapter) or 800-223-2732 (National Office).

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 or call 561-995-0709.

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