



Department of  
Veterans Affairs

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# News Release

FOR IMMEDIATE RELEASE  
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## **VA researcher offering free “Adapted Tango” classes to Veterans and Non-Veterans with Parkinson’s Disease**

Research Scientist Madeleine E. Hackney, PhD of the Atlanta VA Center for Visual and Neurocognitive Rehabilitation (CVNR) and Emory University is putting her background in dance and her findings from her VA-funded research to good use by offering FREE Adapted Tango classes for Veterans and non-Veterans with Parkinson’s Disease.

"Adapted Tango" is a series of Argentine Tango dance lessons designed and directed by Dr. Hackney to improve mobility in older adults with Parkinson's disease. All ability levels are welcome (including those who use walkers). Individuals with balance challenges are encouraged to bring a caregiver or supportive friend. Dance students will enjoy a head to toe warm-up, partnering enhancement exercises, activities to promote rhythm and musicality, several classic Argentine tango moves, and have lots of time to practice under the guidance of an attentive instructor. This program has been tested in research studies several times and has been demonstrated to improve mobility, balance, walking ability and quality of life in older adults with mobility issues.

The class will be offered Mondays and Wednesdays at the Atlanta VA Medical Center (1670 Clairmont Rd, Decatur, GA 30033) from 2:30-4:00pm and will run for 6 week intervals.

The class will also be offered Tuesdays and Thursdays through Lifespan Resources, at Trinity Presbyterian Church (3003 Howell Mill Rd. NW, Atlanta, GA 30327) from 10:30am – 12 noon and will run for 6 week intervals.

To register, please contact Aaron Bozzorg by phone at 404-321-6111 ext 6277 or via email at [ariyana.bozzorg@va.gov](mailto:ariyana.bozzorg@va.gov).

These classes are able to be offered at no cost because of the generous support of the Dan and Merrie Boone Foundation.