

FREE DANCE CLASSES FOR PEOPLE LIVING WITH PARKINSON'S AND BRAIN INJURY

Discover the Joy of Dance and Connection with Queensland Ballet



Queensland Ballet Dance for Parkinson classes. Image by Jakob Perrett

Brisbane, 14 April, 2026: Every four minutes, someone in Australia is hospitalised for a head injury*, and Parkinson's Disease is the fastest-growing neurological disorder worldwide according to the [World Health Organisation](#).** In response to these growing needs, Queensland Ballet is delivering tailored dance workshops to the community at The Armitage Centre, Toowoomba, 21 April, 2026, at no cost to participants and their carers.

Underpinned by research and delivered with funding and support from Queensland Health the strength of this partnership has enabled Queensland Ballet to expand beyond Brisbane and out to the regions. These tailored dance workshops for people living with Brain Injuries and Parkinsons Disease, including those post-stroke or post-brain cancer, are designed to promote physical health, cognitive stimulation, social connection and a renewed sense of purpose.

Director of Queensland Ballet Community Health Institute, Zara Gomes, said dance has been shown to help people with brain injuries to re-inhabit their bodies and cope with challenges that result from brain injury.

"Every class we deliver is more than movement, it's a catalyst for connection, confidence, and joy. Dance is a unique blend of artistry and science, and our experienced Teaching Artists bring creativity and fun in programs which are welcoming and evidence-based." Gomes said.

Parkinson's Australia*** said the disease causes muscles to struggle to follow commands from the brain and causes limbs to become stiff. Aside from medication, exercise and movement provide an effective way to reduce the creeping symptoms.

Gomes said that dance proves especially effective as music can assist the brain and body to coordinate to engage and work together.

"Research suggests dance can improve cognitive performance and reaction times, and improve balance, flexibility and coordination, helping to support the management of associated symptoms for those living with Parkinson's disease, or those living with a brain injury. Our classes foster an enjoyable and sociable environment for artistic exploration through movement and music," Gomes added.

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The day includes a dedicated social morning tea providing an opportunity for participants to come together and connect, before or after taking part in the specialised classes.

Dance for Parkinson's is based on the internationally recognised Dance for PD® program and delivered in partnership with Dance for Parkinson's Australia. Ballet for Brain Injury is a tailored class which has operated weekly in Brisbane since pilot research and development in 2021, with Griffith University and Citrine Sun Entertainment (for people living with acquired brain injury, stroke, post-brain cancer and post-concussion syndrome).

"The classes are open to all, even if you have never danced before. It's about trying something new and fun, reducing isolation and meeting others with similar lived experience. We advise participants to attend with a support person or loved one, who can enjoy the experience alongside them," Gomes explained.

ENDS

Details:

- Tuesday 21 April, 2026
- 10am – 10.45am: Ballet for Brain Injury
- 10.45am-11.15am Social Morning Tea for All Participants
- 11:30am-12.30pm Dance for Parkinson's
- Booking Link [here](#):
- For more information on Queensland Ballet's Dance Health programs:
<https://www.queenslandballet.com.au/community/community-health-institute>

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Images  [Dance for Parkinson's](#)

[About Queensland Ballet](#)

Queensland Ballet's mission is to contribute to Australia's cultural landscape by being an integral part of the national and international ballet ecology - striving for artistic excellence, pathways for emerging artists, and impact through our community outreach, education, and dance health programs. We aim to enrich lives and contribute to wellness across society through the magic of ballet.

[About Dance for Health](#)

Using dance as our tool, we enrich lives and positively impact the health and wellbeing of people throughout Queensland. The Queensland Ballet Community Health Institute signals our firm and steadfast commitment to community, health and access.

Citations

* [Australian Institute of Health and Welfare](#), Head Injuries in Australia

** [WHO technical brief](#), Parkinson disease: a public health approach, 2022

*** [Parkinson's Australia](#): Benefits of dancing for Parkinson's.