

Parkinson Ballet Group

Parkinson Society Singapore organizes regular ballet dance classes at their centre in Bishan for their patients. These patients are a group of close friends who share a passion for ballet dancing. Despite having Parkinson's Disease, a chronic and progressive movement disorder, they continue to participate in weekly dance classes and enjoy each other's company.



From Left to Right: Mdm Margaret Wan, Mdm Magaret Lim, Mdm Fong Seow Hua, Mdm Ho Kum Yin, Mdm Annie Lan

"Dancing means a lot to me. I don't exercise much at home and dancing drives me to exercise more. But the best part is the friends I make here. It isn't easy, but if we keep on doing it, it gets easier." -Mdm Magaret Lim



I was very down when the doctor first told me that I had Parkinson's, I felt like the whole world was crashing down on me. I gave up a lot of things in life- golf , driving. But I told myself there was no point feeling sad. There were a lot of things I couldn't do at home, but coming to the dance classes and seeing people with the same condition and all the amazing things they could still do, I asked myself – if they can do it, why can't I? -Mdm Annie Lan