

## **About Katie Kelsey and Jackie Fowler**

Katie and Jackie have both completed a course in Dance for Parkinson's.

### **Katie Kelsey**

Katie Kelsey is a community dance practitioner and has been leading dance for Parkinson's in Plymouth and Sidmouth. She also teaches contemporary dance for all ages and gentler classes for the maturing body as well as creative dance in aged care homes around Devon.

Katie trained in Contemporary dance and physical theatre in Melbourne, New York, Paris and Iowa. Choreographed with the Canberra dance theatre, taught movement for actors, youth theatre, and was artistic director and performer at the open eye theatre in education company in Birmingham.

Katie is keen to inspire others to keep dancing or start dancing.....it is the best thing to keep us happy and healthy."

### **Jackie Fowler**

Jackie started dancing at a very young age, and went on to Elmhurst Ballet School when she was 16 to train in classical ballet, jazz and flamenco dance. She worked as a dancer on cruise ships, then touring Italy in various dance groups.

She changed career to become a physiotherapist – trained at University West of England in Bristol 1994-97. She worked as a physiotherapist at Cheltenham General Hospital until 1999, then was employed at the Royal Devon and Exeter Hospital in 1999 to the current day.

Jackie saw a programme on TV about dance for Parkinson's, and all the benefits it provides, and wanted to set up a class in Exeter. She attended the course in Bristol in February 2017, and through word of mouth found Katie, who had just set up a class in Exeter. Now they are working together, and running twice weekly classes.