



Office of Communications  
City of Beverly Hills  
455 N. Rexford Dr.  
Beverly Hills, CA 90210-4817  
[www.beverlyhills.org](http://www.beverlyhills.org)

For Immediate Release  
February 26, 2015  
Contact: Therese Kosterman  
(310) 285-2456

## **Health and Safety Commission Names 1st Recipient of Monthly Award**

*Beverly Hills Resident Started Local "Dance for Parkinson's" Program*

Beverly Hills, CA – The City's Health and Safety Commission has launched its new awards program by recognizing longtime Beverly Hills resident Linda Berghoff. At the Feb. 23 meeting, the Commission granted the first award to Ms. Berghoff for starting a local "Dance With Parkinson's" Program

"I can't think of a better way to introduce this awards program," said Commission Chair Myra Lurie. "With compassion and skill, Linda has tapped into her own experience with Parkinson's to improve the quality of life for hundreds of people suffering from the disease."

Nine years ago Ms. Berghoff was diagnosed with Parkinson's, a degenerative disease of the central nervous system. A few years later she discovered a unique program, Dance for Parkinson's, started by the Mark Morris Dance Group and traveled to New York to learn the techniques. That nationally recognized program helps minimize the most debilitating symptoms of Parkinson's, which include isolation, depression and loss of balance, flexibility and coordination.

Ms. Berghoff then formed a partnership with the Beverly Hills-based Invertigo Dance Theatre to offer the program free of charge to Parkinson's patients in the Los Angeles area. Since then, hundreds of Parkinson's patients have enrolled and seen their quality of life improve dramatically. Ms. Berghoff teaches Parkinson's movement classes twice a week, creates much of the choreography and sits on the board of directors of Invertigo Dance Theatre.

The Beverly Hills Community Health and Safety Recognition Program is a monthly awards program that recognizes an individual, resident, business or group who has gone above and beyond to significantly improve the health, safety and/or disaster preparedness of the community.

Information and an online nomination form can be found at  
[www.beverlyhills.org/hsawards](http://www.beverlyhills.org/hsawards).

###