

Parkinson's wellness workshops

• **Box** **Dance** **Drum** **Kick** **Breathe**

If you have been diagnosed with Parkinson's Disease or have trouble with balance, posture, shaking, or moving comfortably, we can help!

We teach movement classes for people who have Parkinson's. If you want to learn more about how music, movement, and community can help, **join one or more of our FREE Workshops.**

Each workshop features two activities and gives you a chance to try them in a safe, comfortable atmosphere.

Workshop Schedule

Sat., Feb. 27	1-3 p.m.	Boxing + Qigong
Tues., March 9	6-8 p.m.	Dance + Drumming
Wed., March 24	10 a.m.-noon	Taekwondo + Boxing
Wed., April 7	10 a.m.-noon	Qigong + Dance
Tues., April 27	6-8 p.m.	Drumming + Taekwondo
Sat., May 15	1-3 p.m.	Boxing + Dance
Sat., June 12	1-3 p.m.	All Programs

Locations will be **virtual, at a community space, or outdoors** based on recommended COVID-19 safety standards in effect at the time of the workshop. Please visit the website for updated location and pandemic safety compliance information. Friends and family are welcome, space permitting.



According to the National Institute on Aging, Parkinson's disease (PD) is a brain disorder that leads to shaking, stiffness, and difficulty with walking, balance, and coordination. It may start gradually and get worse over time. Parkinson's can also affect mood, memory, sleep, and mental function. Although medications are often used to treat Parkinson's, research has found that exercise can significantly improve the symptoms of PD.



This program is supported by a community grant from the Parkinson's Foundation.

For more information and to register for a workshop

pdwellnessworkshops.com

or call (651) 758-0758



Rock Steady Boxing
at Element Gym



St. Paul Ballet



Smiling Drum



Taekwondo
with Bill Gamble



Dragon Crane
for Mind and Body