



**GODDARD  
HOUSE**

ASSISTED LIVING & MEMORY SUPPORT

***Parkinson's in Motion* Educational Speaker Series on Zoom**

**Discover How Tai Chi Benefits  
Balance, Cognition & Well-Being in Parkinson's Disease**

Thursday, January 28 at 7:00 pm

**Register Now! <https://bit.ly/36uyvai>**



**Free and open to the Parkinson's community!**

Join us for this educational talk on Zoom by Dr. Peter Wayne and discover how the mind and body, and related integrative medicine practices, clinically impact aging and chronic health conditions, such as Parkinson's disease.

Author of the bestselling, "Harvard Medical School Guide to Tai Chi," Dr. Wayne is a researcher and practitioner in the field of integrative and mind-body medicine, a Harvard Medical School professor, and Director of the Osher Center for Integrative Medicine. He is also the Founding Director of the Tree of Life Tai Chi Center in Boston.

In addition to this Educational Speaker Series, the *Parkinson's in Motion* program also includes Expressive and Movement Therapies, and a Classroom Support Group on Zoom. All are free and open to the Parkinson's community. For more information or to register, call 617-731-8500 or email [ecurcio@goddardhouse.org](mailto:ecurcio@goddardhouse.org).



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