



GODDARD  
HOUSE

ASSISTED LIVING & MEMORY SUPPORT

***Parkinson's in Motion @ Goddard House***

***Tai Chi for Parkinson's***

**Wednesdays, Starting February 24**

10:30 am -11:30 am on Zoom



**Open to the Parkinson's Community on Zoom**

**Register Now!**

Email Erica Curcio at [ecurcio@goddardhouse.org](mailto:ecurcio@goddardhouse.org)

Or call 617-731-8500

Designed specifically to improve strength, balance, flexibility, mental focus and emotional tranquility, tai chi has been proven to help minimize the symptoms of Parkinson's.

Join Instructor, Ruth Schechter, an experienced tai chi teacher for older adults and individuals living with Parkinson's. Trained as a musician, Ruth has experience with the Alexander Technique and the Feldenkrais Method, as well as tai chi.

*Tai Chi for Parkinson's* is offered as part of **Parkinson's in Motion at Goddard House**, and includes an Educational Speaker Program and a monthly Classroom Support Group on Zoom.



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from the Parkinson's Foundation*