



GODDARD HOUSE

ASSISTED LIVING & MEMORY SUPPORT

Parkinson's in Motion @ Goddard House

Living Musically with Parkinson's

Thursdays Starting February 4

11:30 am - 12:30 pm on Zoom

Free and open to the Parkinson's community!

Register Now!

Email Erica Curcio at ecurcio@goddardhouse.org

Or call 617-731-8500

Come experience the positive effects of music on the symptoms of Parkinson's in this 12-week musical program on Zoom.

- Learn techniques, songs, and concepts to strengthen and uplift your body, your brain and your mood.
- Practice vocal exercises to help breathing, speech, and swallowing.
- Build knowledge, community, self-compassion and resilience through sharing symptoms and strategies in a small group.

Musician and neuroscientist, Joshua Min, specializes in working with older adults, and those living with Parkinson's, to help improve their quality of life through the power of music.

Parkinson's in Motion also includes an Educational Speaker Program and a monthly Classroom Support Group on Zoom.



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