



GODDARD HOUSE

ASSISTED LIVING & MEMORY SUPPORT

Parkinson's in Motion @ Goddard House

Living Musically with Parkinson's

Thursdays, Starting October 28 on Zoom

4:00 pm - 5:00 pm



"The program is just FANTASTIC!

When we gather I forget that I have PD... I ended up a happier person; someone that loves music like never before!"

- Living Musically with Parkinson's class participant

**Free and open to the Parkinson's community
Register Now for this 12-week program!**

Email Christine Nagle at cnagle@goddardhouse.org

Music therapist 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.

- 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.

Living Musically with Parkinson's is offered as part of the *Parkinson's in Motion* program at Goddard House, and includes Tai Chi, Dance for Parkinson's, an Educational Speaker Program and a monthly Classroom Support Group.



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