



ASSISTED LIVING & MEMORY SUPPORT

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

# *Tai Chi for Parkinson's*

**Tuesdays, Starting October 5**

10:30 am -11:30 am on Zoom



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

**Register Now!**

Email Christine Nagle  
[cnagle@goddardhouse.org](mailto:cnagle@goddardhouse.org)

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 the *Parkinson's in Motion* program at Goddard House, and includes Music Therapy, Dance for Parkinson's, an Educational Speaker Program and a monthly Classroom Support Group.



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from the Parkinson's Foundation*