



ASSISTED LIVING & MEMORY SUPPORT

Parkinson's in Motion @ Goddard House

Living Artfully with Parkinson's On Zoom

Mondays, starting January 24 | 2:00 pm-3:15 pm



Meredith Griffiths

No art experience required!

Join us for some artmaking fun in a welcoming, small group setting and explore various artistic mediums such as paint, clay, collage and printmaking. *Living Artfully with Parkinson's* is facilitated by Goddard House Art Therapist Meredith Griffiths, who specializes in empowering older adults to improve their quality of life through art.



Joshua Min

The artmaking program will incorporate guidance from Occupational Therapist Anne Muskopf and Music Therapist Joshua Min, who will introduce various methods and musical genres to enable and ease motor activity. Anne and Joshua are part of the Okonow Parkinson's Family Support Program at JF&CS.

Art materials for the program will be delivered weekly to participants. For more information and to register, call or email Christine Nagle, Director of Community Partnerships, at cnagle@goddardhouse.org or 617-731-8500 x 143.



Anne Muskopf

The Goddard House *Parkinson's in Motion* initiative, which is open to the public, includes movement and expressive therapies programs, and a classroom support group, co-sponsored by Right at Home Boston Metro West.



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Goddard House

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