



GODDARD HOUSE

ASSISTED LIVING & MEMORY SUPPORT

Parkinson's in Motion @ Goddard House

Living Artfully with Parkinson's

Mondays, starting January 23 | 12: 45 pm-1:45 pm

At Goddard House 165 Chestnut St., Brookline



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, 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.

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 is part of the Okonow Parkinson's Family Support Program at JF&CS.

To register, contact Christine Nagle, Director of Community Partnerships: cnagle@goddardhouse.org or 617-731-8500 x 143.

The Goddard House Parkinson's in Motion initiative, which is open to the public, includes tai chi and music therapy programs on Zoom.



Joshua Min



Anne Muskopf



*Supported in part by a community grant
from the Parkinson's Foundation*

