



GODDARD HOUSE

ASSISTED LIVING & MEMORY SUPPORT

Parkinson's in Motion @ Goddard House

Living Musically with Parkinson's

**Tuesdays at 10:30 am
Starting January 3 on Zoom**



"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

Open to the Parkinson's Community on Zoom

Winter/Spring Program: January 3 - April 26, 2023

Register Now!

Email Christine Nagle at cnagle@goddardhouse.org

Or call 617-731-8500 x 143

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 and art therapy programs.



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