



ASSISTED LIVING & MEMORY SUPPORT

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

### Weekly Classes on Zoom

# *Tai Chi for Parkinson's*

## Wednesdays at 10:00 am



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

Winter/Spring Program: January 4 - May 31

#### **Register Now!**

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

Or call 617-731-8500 x 143

Enjoy the privacy and focus of a virtual, small group tai chi program designed specifically to improve strength, balance, flexibility, mental focus and emotional tranquility.

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 *Parkinson's in Motion* at Goddard House, which includes art and music therapy programs.



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