

Moving Through Parkinson's



Lisa Morgan

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Classes are designed for people living with Parkinson's who want to improve balance and coordination, build strength, combat stiffness and rigidity, and increase overall well-being.

Times & Location

**Mondays 11:00-12:15
&
Wednesdays, 2:15-3:30pm**

Classes are currently held online through ZOOM, due to COVID 19.

Make sure you are on Lisa Morgan's email list and we will send out a link for all classes!

Take class from the comfort of home, no need to travel.



Movement as therapy . . .

Through guided exercise patterns and sequential movement phrases with music and props, we . . .

- Move with more freedom and ease
- Develop tools to use in our daily lives
- Gain critical strength and endurance
- Build confidence
- And have fun!



Classes are FREE

The program is generously supported by **Parkinson's Association of the Rockies & Parkinson's Support Group of Larimer County**

You are welcome to join any time!

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