



Lisa Morgan
Dance Educator and
Movement Specialist

Founder, Moving Through Parkinson's
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*"This program has helped me in so many ways
physically, psychologically and socially."*

MTP offers classes and programs designed for people living with Parkinson's and other movement challenges, who want to improve balance, combat stiffness and rigidity, and improve coordination, spatial awareness and well being.



"This experience has been life changing for me!"



Movement as therapy . . .

Classes are IN PERSON and ONLINE at the
Center for Healthy Aging
151 W. Lake and
via Zoom (check website for zoom link)

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

Contact Lisa at lisa.morgan@colostate.edu or
970-482-4279 to get on our mailing list
Classes are FREE and generously supported by:



Columbine Health Systems
Center for Healthy Aging
COLORADO STATE UNIVERSITY



Classes are developed in collaboration with
physical and occupational therapists, physicians,
music and dance artists, and members of the aging
community.

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 independence
- Enhance overall wellbeing

Create community and support others while having fun!

Moving Through Parkinson's
www.movingthroughparkinsons.com



SCHOOL OF MUSIC,
THEATRE, AND DANCE
COLORADO STATE UNIVERSITY

