

SMILE THROUGH ART WORKSHOP

www.smilethroughart.com

In partnership with The American Parkinson Disease Association Massachusetts Chapter, The Art Cart will continue a monthly series of workshops at DopaFit Parkinson's Wellness Center. Come learn the benefits of creativity and movement for people living with Parkinson's Disease. Our workshops, explore different mediums of art and teach participants how to strengthen fine motor control to temporarily alleviate symptoms of Parkinsons and enhance mood.

To sign up or for more information please contact APDA-MA board member, Saba Shahid, at smilethroughart@gmail.com or at (203) 565-9647.

You can also register for these workshops with APDA-MA at: (800) 651-8466 or information@apdama.org



100% SPONSORED
BY APDA-MA

ART AND EXERCISE

FAMILY MEMBER OR
CAREGIVER
WELCOME TO
ATTEND (SPACE
PERMITTING)

DATES:

November 18, 2017
December 16, 2017
January 27, 2018
February 17, 2018
March 3, 2018
April 21, 2018
May 19, 2018
June 23, 2018
July 21, 2018
August 25, 2018
September 22, 2018
October 20, 2018
November 17, 2018

Time: 11-1pm

Location:

DopaFit Wellness
Center
116 Pleasant Street
Suite 251
Easthampton, MA