

# SMILE THROUGH ART WORKSHOP

The American Parkinson Disease Association New Jersey Chapter is proud to announce that, through our partnership with The Art Cart, we will be bringing their Smile Through Art Workshop to New Jersey! Come learn the benefits of creativity and movement for people living with Parkinson's Disease. Our workshops are designed to help strengthen fine and gross motor movements, rigidity, micrographia, and mood through art and exercise.

To sign up or for more information please contact Cheylena Williams at 732 745-7520 or through email [Cheylena.Williams@rwjbh.org](mailto:Cheylena.Williams@rwjbh.org)

**For More information on The Art Cart and the Smile Through Art Workshops please visit [www.smilethroughart.com](http://www.smilethroughart.com)**



**Strength in optimism. Hope in progress.**



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BY APDA-NJ  
CHAPTER**

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**COME LEARN THE  
BENEFITS OF  
CREATIVITY AND  
MOVEMENT FOR  
PEOPLE WITH PD  
FAMILY MEMBER  
OR CAREGIVER  
WELCOME TO JOIN**

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**LOCATION:  
RWJ FITNESS AND  
WELLNESS CENTER**

**100 KIRKPATRICK  
STREET, 2ND  
FLOOR, NEW  
BRUNSWICK, NJ  
08901  
COMMUNITY  
HEALTH ROOM**

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**DATE:  
FEBRUARY 19,  
2018**

**TIME: 6:00-8:00PM**