



# Art Escape Painting Classes

Designed for individuals with Parkinson's disease and care partners

This series incorporates classes for both care partners and individuals with Parkinson's. Classes are 3-hour step-by-step acrylic painting workshops, taught by Renee MacMurray of MacMurray Designs Art Studios. Become an artist for the day with Art Escape!

This program is a collaboration between 110 Fitness and MacMurray Designs Art Studios, and is supported by a grant from the American Parkinson Disease Association Massachusetts Chapter.

**Contact Brett Miller at 781-616-3313 or [bmiller@110fitness.org](mailto:bmiller@110fitness.org) for exact dates, and to register.**

MacMurray Designs | 110 Fitness  
200 Weymouth Street | Rockland, MA 02370

## Care Partner Workshops

One Day Per Month:  
Evening, Day TBD

## Parkinson's Workshops

One Day Per Month:  
Monday, 11—2 PM

Supported by a grant from the  
American Parkinson Disease Association Massachusetts Chapter

[apdama.org](http://apdama.org) | 800 651-8466 | [apdama@apdaparkinson.org](mailto:apdama@apdaparkinson.org)

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PARKINSON DISEASE  
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MASSACHUSETTS CHAPTER

Strength in optimism. Hope in progress.