

St. Charles Hospital
presents:



LOUD & LYRICAL

A THERAPEUTIC CHORUS FOR
PEOPLE WITH PARKINSON'S DISEASE
(AND THEIR CARE PARTNERS, TOO)

Meets almost every 3rd Tuesday, 1:00 - 2:00 pm (no July session)
Immediately following PD support group

St. Charles Hospital - Wisdom Conference Center
(Back of Hospital near Hospice)

GO TO WWW.APDAPARKINSON.ORG/NY AND CLICK ON
SUFFOLK COUNTY SUPPORT GROUPS FOR SPECIFIC MEETING DATES

*Research-based techniques
Breath and posture exercises*

*No musical experience necessary
Enjoyable songs
Social togetherness and fun!*

*Vocal volume and quality
Singing with a purpose*

PARTICIPATION IS FREE!
SPACE IS LIMITED - CALL TO REGISTER
631-862-3560



St. Charles Hospital
Catholic Health Services
At the heart of health



**AMERICAN
PARKINSON DISEASE
ASSOCIATION**
Strength in optimism. Hope in progress.