

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 meeting in January or July)
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