

PD ARTS in the Afternoon

Tuesday, March 9th

1pm - 4pm

Evidence based research of Creative Arts Therapy has proven to be of great benefit for managing both movement and non-movement symptoms of Parkinson's Disease (PD). Join us for an afternoon filled with Creative Arts Therapy specifically for PD. This fun-filled session will give you a taste for how to tap into the benefits of Dance, Music, and Art to better manage PD symptoms. The event is **FREE**, but registration is required and spots are limited. A friend or care partner is welcome!

Dance

Join Dance Instructors Teri Weksler and Mary Margaret Scalici as they guide you through Dance for PD, an evidence-based program developed by world-renowned Mark Morris Dance Group and the Brooklyn Parkinson's Group. Participants experience the power and joy of movement and music. Learn how to build coordination, strength, flexibility, balance, control and confidence through Dance. No dance experience required - dress comfy with sneakers. Learn more about available Birmingham classes.

Music

Hannah Oakes of Rooted Music Therapy specializes in Neurologic Music Therapy - a treatment system driven by advancements in neuroscience. Research shows that rhythm and music promote positive brain and behavioral change. This session with Hannah will focus on treatments for many PD symptoms, including voice strengthening, balance and coordination, attention and memory function, and emotional regulation. Learn more about home music therapies and the PD choir.

Art

Art Therapy Practitioner, Brooklyn White specializes in PD visual arts projects that are research proven when practiced routinely, to improve PD symptoms. In this class, you will complete an art project that focuses on finding flow in mind-body connection and strengthening concentration, memory and executive functions. Get tips on how you can utilize art therapy routinely at home with minimal supplies. All materials are provided through the American Parkinson Disease Association.

FREE

REGISTER NOW!

Spots are limited.

Greystone YMCA
5415 US 280
Birmingham, AL 35242

1.205.706.7320 bawhite@uabmc.edu https://uab.co1.qualtrics.com/jfe/form/SV_9oi8B8dKAGxCQ98