

Moving Through Parkinson's



Lisa Morgan

Dance Educator and Movement Specialist
Founder, *Moving Through Parkinson's*

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Classes are designed for people living with Parkinson's who want to improve balance, combat stiffness and rigidity, and improve coordination, spatial awareness and well being.



Mondays 11:00-12:15 & Wednesdays 2:15-3:30pm

Online via Zoom

Contact Lisa at lisa.morgan@colostate.edu
to get on the the mailing list

Classes are FREE and generously supported by:



www.pdsupportlc.net



**PARKINSON
ASSOCIATION
OF THE ROCKIES**

<https://parkinsonrockies.org/>

**Parkinson's Association of the Rockies (PAR),
CSU Center for Healthy Aging and
the Parkinson's Support Group of Larimer County**

970.482.4279

www.movingthroughparkinsons.com



“These classes have helped me in so many ways – physically, psychologically and socially.”



Movement as therapy . . .

Classes are developed in collaboration with physical therapists and other therapeutic professionals. Through guided exercise patterns and sequential movement phrases with music and props, we . . .

- Move with more freedom and ease
- Develop tools to use in our daily lives
- Gain critical strength and endurance
- Build confidence

Create community and support others while having fun!



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