

“Ask The Experts”

# Virtual Fitness Edition



A special “Ask the Experts” event with presentations and demonstrations from our Parkinson's Exercise Program Instructors.

Friday, April 30  
2:00 - 3:30 p.m.

Online, Zoom event

For any questions or assistance with registration, contact Hannah Babcock at [hbabcock@bidmc.harvard.edu](mailto:hbabcock@bidmc.harvard.edu) or call 617-667-9910.

[Register here](#)

## PD Boot Camp & Moving Through PD: A Seated Workout

Anita Luck, Functional Aging & Movement Specialist

## PD Yoga

Clementine Cummer, Yoga Instructor

## Tai Chi for PD

Stanwood Chang, Tai Chi Instructor

## Rock Steady Boxing for PD

Cheryl Marconi and Max Marcoux, Rock Steady Boxing Coaches

## Fitness for PD

Audrey Edwards, Health, Fitness and Wellness Director at JCC of Greater Boston

Heidi White, Group Fitness & Wellness Manager

## Neuromuscular Integrated Action (NIA)

Hsiu-Hui Chen and Leslie Appleby, NIA First Degree Black Belt, NIA Teachers

## Total Body Conditioning

Robby Levy, Group Fitness Instructor