

Drumming for PD

Beat the Winter Do!DRUMS: Drumming is a powerful ancient form of mind-body healing. Therapeutic drumming can reduce stress and anxiety, while providing a vigorous upper body workout.

Are you ready to find your beat? Experienced musicians and teachers, Monique Morimoto, MS, CPCC and Stephen Whitney, now bring their unique drumming program to those with Parkinson's. Partners are welcome, too! No prior musical experience necessary. Just bring your energy and enthusiasm!



When:

4 Tuesdays, Feb. 25; March 3, 10, 17
10:30 – 11:45 AM

Where:

Jewish family & Children's
Service
1430 Main Street
Waltham MA 02215

Cost:

\$60 per drummer
\$90 per drummer +
care partner

Register:

617-667-5215 or
miyer@bidmc.harvard.edu
Registration required by
Feb. 14, 2020