

BIDMC Parkinson's Disease and Movement Disorders Center

“Ask the Experts” Friday Fitness Edition

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

Friday, October 4, 2019 | 11:00 a.m. – 1:00 p.m.

Our Featured Instructors

Barre, Balance and Core and PD Boot Camp

Anita Luck

Movement Specialist, FAFS Fellow
of Applied Functional Science

PD Yoga

Clementine Cummer

Yoga Instructor

Tai Chi for PD

Stanwood Chang

Tai Chi Instructor

Fitness for PD

Audrey Edwards

Health, Fitness and Wellness Director,
JCC of Greater Boston

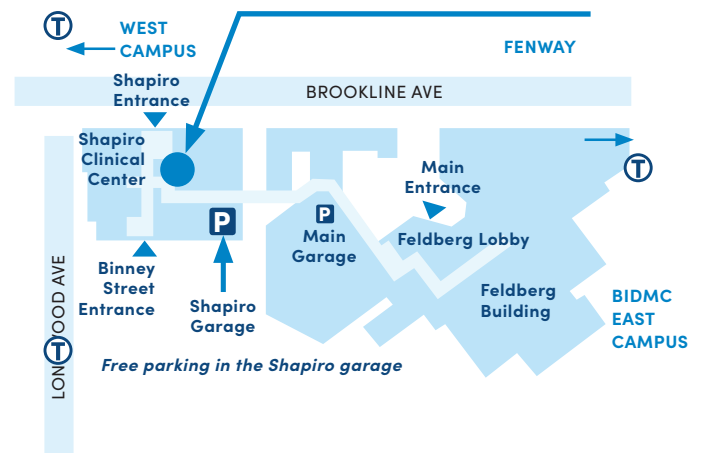
Neuromuscular Integrated Action (NIA)

Hsiu-Hui Chen and Sarah Shenar

NIA First Degree Black Belt, NIA Teachers

Location

BIDMC East Campus
Leventhal Conference Room
Carl J. Shapiro Clinical
Center Atrium, 2nd floor



Please register on our website at
bidmc.org/pdcenter
or by calling **617-667-9910**.