

Moving Through Parkinson's ©

Lisa Morgan

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Join movement/dance specialist, *Lisa Morgan* from Colorado State University and Parkinson's patient and advocate, *Willa (Billie) Coulter Pawlikowski* RN, BS, BSN in an inspiring, informative and caring workshop.

Tuesday, September 1st, 10:00-12:30pm

Hotel Sante Fe • 1501 Paseo de Peralta • Conference Room

Cost: \$10/person

For questions and to register, please email or call Lisa Morgan (info. above) although pre-registration is NOT required.

We will present a movement/exercise session with time for discussion and questions. After a short break, we will present materials/resources to support patients and caregivers as they negotiate and manage their care with health care practitioners and care facilities.

Taught and coordinated by Lisa Morgan, the *Moving Through Parkinson's* program was developed for Parkinson's patients, early onset through later stages. With movement patterns, supported by music, we work to improve balance, combat stiffness and rigidity, and improve coordination and spatial awareness. Much of the movement is designed around brain-integrated patterning and development. Our goals are to build confidence to move with freedom and ease, acquire tools to use on a daily basis, build strength and endurance and to improve our well being as we interact, share and move together.

Lisa Morgan is a movement specialist who has been working in the dance and movement education field for more than 30 years. She is on the Dance faculty at Colorado State University and is the Assistant Director of IMPACT Dance Company, a contemporary modern dance company based in Fort Collins, Colorado. She has worked with all ages, sharing the joy and therapeutic benefits of movement/dance. In addition to the classwork of MTP, Lisa has also helped to facilitate a Nordic Walking program, therapeutic horse back riding and also cross country skiing and snowshoeing activities.



"The MTP program has been especially rewarding for me as I see tremendous improvement, dedication and hard work to change lives on a daily and moment-to-moment basis. The companionship, sharing of struggles, laughter and joy are paramount and I am grateful to help facilitate all that I can."

Willa (Billie) Coulter Pawlikowski RN, BS, BSN

has worked in Critical Care, managed The Internal Medicine Department at St. Louis University, and most recently worked in a Pre-Post Cardiology Outpatient setting in Fort Collins and Loveland, Colorado. Billie is retired but continues to be active for Parkinson's families. She belongs to Parkinson's Support Group in Larimer County, Colorado and is an Advocate for Parkinson's Patients by being available to speak with patients and/or their families at their request both in hospitals and home settings.

Diagnosed with Parkinson's in 2013, but aware of it many years earlier, she has embraced activity that helps keep her balanced and moving. Dance, Voice Exercise, Tai Chi, Nordic pole walking, and Power-Up classes have become not only a treatment, but a lifeline to and from other Parkinson's patients. She is the 5th of 5 first cousins diagnosed with Parkinson's and believes that her diagnosis is one of her life's blessings.



Parkinson's Support Program in Larimer County (http://www.pdsupportlc.net/new_home/index.html); National Parkinson's

Foundation (<http://www.parkinson.org>); Michael J. Fox Foundation (<https://www.michaeljfox.org>); Davis Phinney Foundation (<http://www.davisphinneyfoundation.org>); Sharing The Care website: <http://www.sharingthecarecampaign.com>; Dance for Parkinson's (<http://danceforparkinsons.org>).