

Moving Through Parkinson's



Lisa Morgan

CSU Dance Faculty
Dance Educator and Movement Specialist
Founder, Moving Through Parkinson's
lisa.morgan@colostate.edu
(970) 482-4279



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

Location and Times

**Mondays 11:00-12:30
and Wednesdays, 2:15-3:30pm
Starting the week of
September 11th, 2017**

CSU Health and Medical Center
(NW corner of College and Prospect). Enter through the main entrance (north side of the building), turn right to the Columbine Health Systems **Center for Healthy Aging** (NW corner on the first floor) Check in at the reception desk

"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



"This experience has been life-changing for me!"



Classes are generously supported by the **Parkinson's Support Group of Larimer County**

Optional suggested donation \$5 per session. Join any time!

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www.movingthroughparkinsons.wordpress.com