



Parkinson's Specific Music Therapy Group

Are you looking for a fun, therapeutic way to address Parkinson's symptoms?

This group will use singing, movement, instruments, songwriting, and music assisted relaxation to:

- Improve clarity and volume of voice
 - Improve balance and posture
 - Provide psychosocial support
- Decrease tension and rigidity, and increase relaxation
 - Improve range of motion and strength
 - Increase energy
 - Improve attention

Thursdays 4:30 – 5:20

January 23rd, 2020 – March 12th, 2020

**Sholom East Campus
(740 Kay Avenue South St Paul, MN 55102)**

FREE for Sholom East residents; \$120 per person for community members for 8 group sessions

Caregivers can attend at no cost or use this time for respite.

To register please contact:

melissa@livingspirittherapy.com or 651-363-3936

<https://www.livingspirittherapy.com/programs-services/music-therapy-special-populations/music-therapy-parkinsons-disease/>

APDA Minnesota Chapter's **grants now cover music therapy for people with PD!**
Contact Anushka Mohideen, Minnesota Information and Referral Coordinator at 651-241-8297 or anushka.mohideen@allina.com to receive a grant application.

1:1 music therapy sessions are also available!