

Living with Parkinson's disease?

WINTER 2020
January 16 to April 9

Come **DANCE** ...**SING** **WITH US !**

Creativity
Coordination
Balance Flexibility
Pleasure & much more!

**Room MC1 / 600, Oak avenue
Saint-Lambert (Québec) J4P 2R6**

Information – inscription
450.928.8066

Welcome to a Parkinson en mouvement (PEM style) class: together, we dance to lively music, doing the movements along with a dance therapist, and having fun at it! Quite an impressive sight since the most common symptoms of Parkinson's are 'freezing of movement', impaired balance, muscle rigidity, and tremors!

Our program is supervised by the Montreal based Parkinson en mouvement.
We benefit from the expertise of the CIUSSS physiotherapists in Montérégie.

WINTER SESSION 2020

January 16 to April 9
13 weeks

INSCRIPTION AT ALL TIME

TRIAL 5 \$

AFFORDABLE PRICES

DANCE with Carol Jones

Thursdays / 10 : 50 to 12 : 00

Dance-movement / Rhythm / Amplitude
(Big) / Free style / Choreographic work /
Vocal work / Chair workout

DUO SING & DANCE

with Reena Chang and Carol Jones

Coming soon

Vocal and respiratory work while we are
playing with our singing voice combined to
easy dance steps!



To learn more

Don't hesitate to communicate directly with

Carol Jones :

450.928.8066

Contact us

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