BALANCE WORK
REducing Your Risk of Falls
Instructor: Roberta Schine, CKYI
When: Mondays, 1pm-2:15pm
January 27
February 3, 10 and 24
March 2, 9, 16, 23 and 30
April 6, 13, 20 and 27
May 4, 11 and 18
June 1, 8, 15, 22 and 29
Where: 2nd Floor, Conference Center, Room #1
Learn gentle yoga exercises are designed to help you improve balance and decrease your risk of falling. Includes suggestions on how to recover from a stumble, build strength and flexibility, improve gait, deal with a freeze, and more. If you are unable to walk independently please bring a caregiver to assist you.

CHAIR YOGA
Instructor: Roberta Schine, CKYI
When: Weekly, Tuesdays, 3:15 – 4:30pm
Where: 2nd Floor, Conference Center, Room #1
Join this gentle class designed for people with movement disorders. Learn lots of exercises all done either in a chair or standing.

T’AI CHI
Instructor: Carolyn Perkins
When: Weekly, Thursdays, 6:15 – 7:15pm
Where: 2nd Floor, Conference Center, Room #1
T’ai Chi is a simple, yet highly effective movement routine that brings up the body’s vital energy. No special clothing is required.

MEDITATION
For stress reduction
Instructor: Roberta Schine, CKYI
When: Mondays, 2:30 – 3:00pm
January 27
February 3, 10 and 24
March 2, 9, 16, 23 and 30
April 6, 13, 20 and 27
May 4, 11 and 18
June 1, 8, 15, 22 and 29
Where: 2nd Floor, Conference Center, Room #1
An introduction to easy-to-learn techniques such as Body Scan, Breath, Candle, Loving Kindness and Visualization to help you begin to relax and reduce the stress that may accompany the diagnosis of a movement disorder. Scheduled immediately after Balance.

VOICE IN ACTION
Vocal Practice Group for Individuals with PD
Instructor: Karen Slotnick, MA CCC-SLP
When: Wednesdays, 1:45PM-2:45PM
March 4, 11, 18 and 25
April 1, 8, 15, 22 and 29
May 6, 13, 20 and 27
June 3, 10, 17 and 24
Where: 5th Floor, Levy Conference Room (5K04)
***REGISTRATION REQUIRED***
Please call 917-705-0998 or email: Karen.slotnick@yahoo.com
Expand/develop your daily practice of voice strengthening exercises. Practice your skills via dramatic readings, poetry, humor, games, music, and role-playing activities to increase vocal volume/expression. Learn to use your more powerful and expressive voice during conversation with family, friends, and in the community.