MOVEMENT CLASSES SPRING 2024

Mount Sinai Beth Israel, 10 Union Square East, New York, NY 10003
All classes will be held virtually via Zoom. No fee for any class or group
To register email: joan.miravite@mountsinai.org

CHAIR YOGA
Strengthening and stretching exercises, balance, gait, voice-aerobics, face-aerobics, brain-aerobics and meditation... Just bring a chair!
Instructor: Roberta Schine, CKYI
When: Weekly, Tuesdays, 3:00 – 4:15pm
Zoom Meeting ID: 875 905 79325

T’AI CHI
T’ai Chi is a simple, yet highly effective movement routine that improves balance, flexibility and cognitive function. No special clothing is required.
Instructor: Kenneth Gray/Carolyn Perkins
When: Thursdays, 6:15 – 7:15pm
Zoom Meeting ID: 472 880 6429
Password: kengong

VOICE IN ACTION
Vocal Practice Group for Individuals with PD
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.
Instructor: Karen Slotnick, MA CCC-SLP
When: Wednesdays, 2-3 PM
**REGISTRATION REQUIRED**
Please call 917-705-0998 or email: Karen.slotnick@yahoo.com