

# movement for motion

**Tuesday  
& Thursday  
12:30 - 1:30 pm**



**Do you struggle to keep up with the kids, sweat walking the dog or wonder if today is going to be the day I fall?**

**This program is designed especially for people with Parkinson's disease, other movement disorders or people who fear falling.**

**Taught by a certified therapist who works on rewiring the mechanisms of the brain so better healthy movement is possible!  
Instructor: Sheri Barnes**



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410.263.7958