

Center for Parkinson's - January 2023 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <ul style="list-style-type: none"> • Chair Yoga - Hybrid 10:45 - 11:45 am • UZIT for Care Partners 1 - 2 pm • RSB - In Person - HB 4:30 - 5:30 pm 	3 <ul style="list-style-type: none"> • RSB - Level 1/2 10:30 - 11:30 am • RSB - Level 3/4 12:30 - 1:30 pm 	4 <ul style="list-style-type: none"> • RSB - In Person - SAG 10:30 - 11:30 am • RSB - In Person - HB 12:30 - 1:30 pm • RSB - In Person - HB 2 - 3 pm 	5 <ul style="list-style-type: none"> • RSB - Level 1/2 10:30 - 11:30 am • RSB - Level 3/4 12:30 - 1:30 pm 	6 <ul style="list-style-type: none"> • RSB - In Person - SAG 10:30 - 11:30 am • RSB - Level 3/4 12:30 - 1:30 pm • QiGong for Balance 2 - 3 pm 	7 <ul style="list-style-type: none"> • Be Fit for PD 10 - 10:45 am
8	9 <ul style="list-style-type: none"> • Chair Yoga - Hybrid 10:45 - 11:45 am • UZIT for Care Partners 1 - 2 pm • RSB - In Person - HB 4:30 - 5:30 pm 	10 <ul style="list-style-type: none"> • RSB - Level 1/2 10:30 - 11:30 am • RSB - Level 3/4 12:30 - 1:30 pm 	11 <ul style="list-style-type: none"> • RSB - In Person - SAG 10:30 - 11:30 am • RSB - In Person - HB 12:30 - 1:30 pm • RSB - In Person - HB 2 - 3 pm 	12 <ul style="list-style-type: none"> • RSB - Level 1/2 10:30 - 11:30 am • RSB - Level 3/4 12:30 - 1:30 pm 	13 <ul style="list-style-type: none"> • RSB - In Person - SAG 10:30 - 11:30 am • RSB - Level 3/4 12:30 - 1:30 pm • QiGong for Balance 2 - 3 pm 	14 <ul style="list-style-type: none"> • Be Fit for PD 10 - 10:45 am
15	16 <ul style="list-style-type: none"> • Chair Yoga - Hybrid 10:45 - 11:45 am • UZIT for Care Partners 1 - 2 pm • RSB - In Person - HB 4:30 - 5:30 pm 	17 <ul style="list-style-type: none"> • RSB - Level 1/2 10:30 - 11:30 am • RSB - Level 3/4 12:30 - 1:30 pm 	18 <ul style="list-style-type: none"> • RSB - In Person - SAG 10:30 - 11:30 am • RSB - In Person - HB 12:30 - 1:30 pm • RSB - In Person - HB 2 - 3 pm • Sing Loud for PD 3:30 - 4:30 pm 	19 <ul style="list-style-type: none"> • RSB - Level 1/2 10:30 - 11:30 am • RSB - Level 3/4 12:30 - 1:30 pm • Care Partner Support Group 2-3 pm 	20 <ul style="list-style-type: none"> • RSB - In Person - SAG 10:30 - 11:30 am • RSB - Level 3/4 12:30 - 1:30 pm • QiGong for Balance 2 - 3 pm 	21 <ul style="list-style-type: none"> • Be Fit for PD 10 - 10:45 am
22	23 <ul style="list-style-type: none"> • Chair Yoga - Hybrid 10:45 - 11:45 am • UZIT for Care Partners 1 - 2 pm • RSB - In Person - HB 4:30 - 5:30 pm 	24 <ul style="list-style-type: none"> • RSB - Level 1/2 10:30 - 11:30 am • RSB - Level 3/4 12:30 - 1:30 pm 	25 <ul style="list-style-type: none"> • RSB - In Person - SAG 10:30 - 11:30 am • RSB - In Person - HB 12:30 - 1:30 pm • RSB - In Person - HB 2 - 3 pm • Sing Loud for PD 3:30 - 4:30 pm 	26 <ul style="list-style-type: none"> • RSB - Level 1/2 10:30 - 11:30 am • RSB - Level 3/4 12:30 - 1:30 pm 	27 <ul style="list-style-type: none"> • RSB - In Person - SAG 10:30 - 11:30 am • RSB - Level 3/4 12:30 - 1:30 pm • QiGong for Balance 2 - 3 pm 	28 <ul style="list-style-type: none"> • Be Fit for PD 10 - 10:45 am
29	30 <ul style="list-style-type: none"> • Chair Yoga - Hybrid 10:45 - 11:45 am • UZIT for Care Partners 1 - 2 pm • RSB - In Person - HB 4:30 - 5:30 pm 	31 <ul style="list-style-type: none"> • RSB - Level 1/2 10:30 - 11:30 am • RSB - Level 3/4 12:30 - 1:30 pm 				

All classes are being held virtually via Zoom unless otherwise noted.

For more information or to register, please visit <https://bit.ly/CenterforPD>

Center for Parkinson's Disease Programs and Support Services

Free community-based wellness and support programs offered to the Parkinson's community on the East End of Long Island. For more information or to register, please visit: <https://bit.ly/CenterforPD> or call (631) 726-8800

Chair Yoga • Yoga classes target unique postural and balance impairments, improving flexibility and strength, while fostering an overall sense of well-being. Chair Yoga for PD optimizes breathing, mindfulness and postural awareness, utilizing a combination of seated and standing postures, with chair modifications provided as needed.

Qigong for Parkinson's Balance & Healing • Qigong for Parkinson's follows the essence of Tai Chi principle and practice, and is designed specifically for people living with Parkinson's disease and their care partners. Led by Tina Curran, Senior Teacher, International Tai Chi Foundation, this introductory class is designed to accommodate all. No prior experience is required.

Rock Steady Boxing • A non-contact, boxing-inspired fitness program designed specifically for people with Parkinson's disease. No prior boxing experience is required and we welcome all ages and fitness levels.

Urban Zen Integrative Therapy (UZIT) for Care Partners • Combines Mindful Movement, Breath Awareness Meditation, Restorative Yoga and Reiki to help promote healing and relaxation. Each class in this series begins with a brief discussion of a particular modality and progresses to include gentle movements and breath work.

Sing Loud for PD • Developed in partnership with the American Parkinson Disease Association. Sing Loud for PD is a chorus for people living with Parkinson's disease and their care partners. Led by Valerie diLorenzo, a professional, award-winning singer, stage actress and teaching artist, this fun, virtual program will unite us in song and music. No previous musical experience is required and all lyrics will be provided.

Be Fit for PD • A strength training class designed specifically for people living with Parkinson's disease and their care partners. Resistance training can improve strength, power and functional mobility, and this 45-minute virtual class will focus on the basics of strength training in a safe, group format.

EAT WELL • Developed by the Center for Parkinson's Disease at Stony Brook Southampton Hospital, EAT WELL explores important nutritional concepts to optimize health and well-being, while introducing new recipes, learning about local food and providing hands-on cooking instruction. EAT WELL is offered in-person and via Zoom.

All classes and programs are offered at no charge to the participants.
Medical clearance and brief assessments are required for all exercise and fitness classes.



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