

Parkinson's Disease and Movement Disorders Center of Boca Raton

Parkinson's Wellness Center

951 NW 13th Street, Bldg. 4-B (courtyard entrance), Boca Raton, FL 33486

"Meditation Mondays"

Yoga, Meditation & Mindfulness
12:30pm – 1:30pm (closed January 1st)

"Tai Chi Tuesdays"

Tai Chi and Sound Healing
12:30pm – 1:30pm

"Wonderful Wednesdays"

Balance, Posture, & Strengthening
12:30pm – 1:30pm

&

"Ask the Doctor"
1:30 - 2:00pm

"Theatrical Thursdays"

Chair Dance 12:30pm – 1:30pm

"Friendly Fridays"

Memory & Movement
12:30pm – 1:30pm

**RSVP: wellness@ParkinsonsCenter.org or
call Colleen 561-441-4444**

Supported by the Parkinson's and Research Education Foundation

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"Parkinson's Support Group"

Monday, February 5th

March 4th & April 1st

2:00pm – 3:00pm

"PD Caregiver Support Group"

Monday, February 19th

March 18th & April 15th

2:00pm – 3:00pm

"Essential Tremor Support Group"

Tuesday, February 13th

March 12th & April 9th

2:00pm – 3:00pm

"Huntington's Disease Support Group"

Monday, February 19th

March 18th & April 15th

5:30pm – 6:30pm

"MSA & PSP Parkinsonism Support Group"

Tuesday, February 27th

March 5th & April 23rd

2:00pm – 3:00pm

RSVP: at front desk, or by email: wellness@ParkinsonsCenter.org or call (561) 441-4444

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