

Parkinson's Research and Education Foundation

Parkinson's Wellness Center

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

“Meditation Mondays”

Yoga, meditation & Mindfulness

12:30-1:30 PM

“Tai Chi Tuesdays”

Tai chi and sound healing

12:30-1:30 PM

“Wonderful Wednesdays”

Balance, posture, & strengthening

12:30-1:30 PM

“Theatrical Thursdays”

Chair dances

12:30-1:30 PM

“Friendly Fridays”

Memory and movement

12:30-1:30 PM

**RSVP: (561) 392- 1818, ext. 6 | wellness@ParkinsonsCenter.org
www.INDflorida.org**