

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