

# MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>10-11 Mindful Movement</b> <b>11:30-12:30 B.E.D. L2</b> <b>2-3 Boxing</b> 3:15-4:30 Support Groups 4:30-5:30 Tai Chi 5:30-7 Power L3	2 2:00-3:00 B.E.D.L1/L2 3:15-4:15 Art Workshop	3 10-11 MindfulMovement 11:30-12:30 B.E.D.L2 1-2 Drumming Circle <b>1:30-3:00*MJFox Webinar</b> 3:15-4:15 Boxing 5:30-6:30 Power L3	4 10-11 Yes I Can Dance <b>10-11 Spinning for PD*</b> 11:30-12:30 B.E.D. L2 <b>2-3 Ask the Doctor</b> 3:15-4:30 Support Groups 3:30-4:30 LSVT Graduates	5 10-11 Mindful Movement 11:30-12:30 B.E.D.L1 1-2 Song in My Heart 2:15-3:15 Boxing
8 <b>10-11 Mindful Movement</b> <b>11:30-12:30 B.E.D. L2</b> <b>2-3 Boxing</b> 3:15-4:30 Support Groups 4:30-5:30 Tai Chi 5:30-7 Power L3	9 2:00-3:00 B.E.D.L1/L2 3:15-4:15 Art Workshop	10 10-11 MindfulMovement 11:30-12:30 B.E.D.L2 1-2 Drumming Circle 3:15-4:15 Boxing 5:30-6:30 Power L3	11 <del>10-11 Yes I Can Dance</del> <b>10-11 Spinning for PD*</b> 11:30-12:30 B.E.D. L2 3:15-4:30 Support Groups 3:30-4:30 LSVT Graduates	12 10-11 Mindful Movement 11:30-12:30 B.E.D.L1 1-2 Song in My Heart 2:15-3:15 Boxing
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29 <b>Closed Memorial Day</b>	30 2:00-3:00 B.E.D.L1/L2 3:15-4:15 Art Workshop	31 10-11 MindfulMovement 11:30-12:30 B.E.D.L2 1-2 Drumming Circle 3:15-4:15 Boxing 5:30-6:30 Power L3		<b>May 26th</b> - Any new client or client that has not be assessed yet, may enroll for an <b>11:30am assessment.</b>

PLEASE NOTE: Class sizes are limited, so it is important that you register in advance for classes. Registering also provides us with your contact information should we need to notify you of any changes in scheduling.

**\*Spinning for PD** is at: YMCA 4433 Northfield Rd Warr. Hts, OH Thursdays at 10 am. with Certified PD Spinning Coach Sandy Ellis

**5/3- MJFox Webinar Facilitated**  
**by Dr. Karen Jaffe:**  
**"Urinary Problems in Parkinson's Disease"**  
How and why Parkinson's causes urinary problems, how this symptom can be managed and ongoing research on the topic.  
**1:30-3:00pm**  
**\*\*\*5/4- Ask the Doctor**  
with **Dr. David Riley**  
**"REM-Sleep Behavior Disorder and PD"**  
**2:00-3:00pm**  
**\*\*5/17 Bill & Sally Greene**  
**Speaker Series**  
**Melissa Wargo-Geesen,**  
**Drumming Class: "It's more than just noise!"**  
Did you know drumming regularly can help build muscle strength, improve muscle control and increase your energy?  
**2:00-3:00pm**



**216-342-4417**  
4829 Galaxy Parkway-# M  
Warr. Hts., OH 44128

support@beinmotion.org  
www.beinmotion.org

**MOVEMENT CLASS DESCRIPTIONS:**

**Better Every Day - B.E.D.**

**Level 1 (L1)**

Taught by certified Delay the Disease coaches, intensity level is low. Exercises are chair based programming addressing basics of function and mobility of all joints, and learning fundamental exercises for getting out of a chair, standing up, out of a car, and walking. We will focus on BIG movements at this level. There will be no floor work.

**Level 2 (L2)** same as L1 but exercises require more effort-minimal floor work

**Power -(L3):** This advanced class is designed for you to train with purpose and push to the max. Step out of your comfort zone and test your limits.

**Mindful Movement/Yoga Reach - MM/YR**

A therapeutic, educational mindful movement program that provides an intrinsic drive to perform daily living skills. It offers breath work, mindfulness, adaptive movement, exercises and relaxation techniques as a complementary tool to improve mobility, develop awareness, empowerment, healing modalities, and well-being.

This mindful movement practice explores new possibilities for your MIND, BODY, and SPIRIT.

**Boxing**

Learn the fundamentals of boxing, freedom of movement, balance, strength, mental focus, and most of all learn how to take it to the next level and attack your

Movement Disorder head-on. Come ready to get after it and maximize your efforts! Class is led by a certified Rock Steady Boxing Instructor.

The focus of this class is to improve over all fitness level, postural imbalances and maintain a healthy body. Classes are high intensity and transitions are rapid.

**Tai Chi**

A health and wellness program for all ages utilizing ancient wisdom from 2000 years past. Blending the healing qualities of Tai Chi Chuan, Qi Gong, Meditation and

The Way of the Shaolin Warrior, our training will fine tune and recharge your mental, physical and spiritual health. Tai chi helps people with Movement Disorders

Tai chi includes exercises and posture changes by which the body flows slowly from one position

**Yes I Can Dance**

Modeled after the Mark Morris Dance Group/Brooklyn Parkinson Group's Dance for PD ® program in New York City, participants are empowered to explore movement

and music in ways that are refreshing, enjoyable, stimulating and creative. The class explores range of motion using vivid imagery, helps to improve coordination and

strength through the combination of rhythmic phrases and sustained movements. Instructors encourage individual expression and support group engagement

throughout the class. Led by professionally-trained dancers, this class provides a joyful environment to experience dance and explore movement potential.

**Art Workshop**

*This workshop is open to both clients and carepartners.* During these weekly sessions, community members will gather together to share stories and learn

from one another. Multiple fine art media will be introduced, including oil pastels, watercolors, soft pastels, and acrylic paint. Participants will be encouraged to

create work of their own inspiration and all will work to complete a piece by the end of each class meeting.

**Spinning for PD at the "Y"**

Join Certified Parkinson's Cycling Coach Sandy Ellis for an hour of spinning specifically designed for people with Parkinson's Disease at the "Y"

**Drumming-** Drumming regularly can help build muscle strength, improve muscle control and increase your energy. Drums will be provided.

**Cycling Schedule: Mon: 10:00-3:00, Wed: 9:30-12:30 and 1:30-3:00, Thur: 9:30-12:30 and 1:30-3:00, Fri: 9:30-12:30 and 1:30-3:00**