

# JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	1 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> 3:30-4:30 LSVT Graduates	2 10-11 Mindful Movement 11:30-12:30 B.E.D.L1 1-2 Song in My Heart 2:15-3:15 Boxing
5 10-11 Mindful Movement 11:30-12:30 B.E.D. L2 2-3 Boxing 3:15-4:30 Support Groups 4:30-5:30 Tai Chi 5:30-7 B.E.D. Power L3	6 2:00-3:00 B.E.D.L1/L2 3:15-4:15 Art Workshop	7 10-11 Mindful Movement 11:30-12:30 B.E.D.L2 1-2 Drumming Circle <b>1:30-3 MJFox Webinar</b> 3:15-4:15 Boxing 5:30-6:30 B.E.D. Power L3	8 <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	9 10-11 Mindful Movement 11:30-12:30 B.E.D.L1 1-2 Song in My Heart 2:15-3:15 Boxing
12 10-11 Mindful Movement 11:30-12:30 B.E.D. L2 2-3 Boxing 3:15-4:30 Support Groups 4:30-5:30 Tai Chi 5:30-7 B.E.D. Power L3	13 2:00-3:00 B.E.D.L1/L2 3:15-4:15 Art Workshop	14 10-11 Mindful Movement 11:30-12:30 B.E.D.L2 1-2 Drumming Circle 3:15-4:15 Boxing 5:30-6:30 B.E.D. Power L3	15 <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	16 10-11 Mindful Movement 11:30-12:30 B.E.D.L1 1-2 Song in My Heart 2:15-3:15 Boxing
19 10-11 Mindful Movement 11:30-12:30 B.E.D. L2 2-3 Boxing 3:15-4:30 Support Groups 4:30-5:30 Tai Chi 5:30-7 B.E.D. Power L3	20 2:00-3:00 B.E.D.L1/L2 3:15-4:15 Art Workshop	21 10-11 Mindful Movement 11:30-12:30 B.E.D.L2 1-2 Drumming Circle <b>2-3 Greene Speaker Series</b> 3:15-4:15 Boxing 5:30-6:30 B.E.D. Power L3	22 10-11 Yes I Can Dance <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	23 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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**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 held at the YMCA, 4433 Northfield Rd Warr. Hts, OH, on Thursdays at 10 am with Certified PDCycling Coach Sandy Ellis. *Spinning for PD is sponsored by the National Parkinson Foundation Ohio Chapter***  
**The LSVT class is open to all clients on June 29th at 3:30pm.**

**\*\*\*6/1 Ask the Doctor with Dr. David Riley**  
***"Depression and Anxiety in Parkinson's Disease"***  
**2:00-3:00pm**

***6/7 MJFox Webinar***  
**Facilitated by Dr. Karen Jaffe:**  
***"Sleeping Well with Parkinson's"***

Sleep disturbances are a common non-motor symptom of PD that may cause difficulty falling or staying asleep. We'll discuss sleep disorders, how to manage them and current research on sleep and PD.

**1:30-3:00pm**

**\*\*6/21 Bill & Sally Greene**  
***Speaker Series***  
***Spinning "More than Pushing Pedals" with Sandy Ellis***

Join Coach Ellis, Keiser Cycling & ACE Parkinson's Cycling Certified Instructor as she explains the class, its benefits and of course the fun that goes along with becoming one of our riders!

**2:00-3:00pm**



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## **MOVEMENT CLASS DESCRIPTIONS:**

### **Better Every Day - BED**

#### **BED 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.

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

**BED 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" - sponsored by the National Parkinson Foundation Ohio Chapter**

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**