

JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Closed	4 Closed Independence Day	5 10-11 MindfulMovement 11:30-12:30 B.E.D.L2 ***1:30-3 MJFOX Webinar 1-2 Drumming Circle 3:15-4:15 Boxing 5:30-7:00 Power L3	6 10-11 Yes I Can Dance 10-11 Spinning for PD* 11:30-12:30 B.E.D. L2 **2-3 Ask the Doctor Support Groups 3:30-4:30 3:30-4:30 LSVT Graduates	7 10-11 Mindful Movement 11:30-12:30 B.E.D.L1 1-2 Song in My Heart 2:15-3:15 Boxing
10 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 Power L3	11 2:00-3:00 B.E.D.L1/L2 3:15-4:15 Art Workshop	12 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	13 10-11 Yes I Can Dance 10-11 Spinning for PD* 11:30-12:30 B.E.D. L2 3:15-4:30 Support Groups 3:30-4:30 LSVT Graduates	14 10-11 Mindful Movement 11:30-12:30 B.E.D.L1 1-2 Song in My Heart 2:15-3:15 Boxing
17 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 Power L3	18 2:00-3:00 B.E.D.L1/L2 3:15-4:15 Art Workshop	19 10-11 MindfulMovement 11:30-12:30 B.E.D.L2 1-2 Drumming Circle 2-3 Greene Speaker Series 3:15-4:15 Boxing 5:30-7:00 Power L3	20 10-11 Yes I Can Dance 10-11 Spinning for PD* 11:30-12:30 B.E.D. L2 3:15-4:30 Support Groups 3:30-4:30 LSVT Graduates	21 10-11 Mindful Movement 11:30-12:30 B.E.D.L1 1-2 Song in My Heart 2:15-3:15 Boxing
24 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 Power L3	25 2:00-3:00 B.E.D.L1/L2 3:15-4:15 Art Workshop	26 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	27 10-11 Yes I Can Dance 10-11 Spinning for PD* 11:30-12:30 B.E.D. L2 3:15-4:30 Support Groups 3:30-4:30 LSVT- Open to all clients today	28 10-11 Mindful Movement 11:30-12:30 B.E.D.L1 11:30 New Client Assessments 1-2 Song in My Heart 2:15-3:15 Boxing
31 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 Power L3		Sunday, September 17th Pals InMotion 5K/Walk INFO at the Front Desk REGISTER TODAY!!	Get your friends/family together and form a TEAM for the 5K/Walk!!	New Client Assessment- If you have not been assessed yet, sign up for the July 28th Assessment at 11:30 a.m.

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 LSVTclass is open to all clients on July 27th at 3:30pm.

*****7/5- MJFox Webinar**
Facilitated by Dr. Karen Jaffe:
Challenges/Treatment of Young-Onset PD

People diagnosed with PD before age 50 face unique challenges around work/family. Patient and clinician panelists will discuss the experience of and care for YOPD.
1:30-3:00pm

****7/6- Ask the Doctor**
with Dr. David Riley
"What's New in Movement Disorders"

The annual report highlights of the Movement Disorder Society meeting.
2:00-3:00pm

7/19- Bill & Sally Greene
Speaker Series

Joan Meggett, dance artist and educator, will present

"Pull Up a Chair and Dance!"
The joys and benefits of dance as an aesthetic experience, a physical practice, and a community endeavor
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 - BED classes focus on movement, function, mobility, balance, endurance, strength, challenges and fun! The class is presented in three different levels, BED L1, and BED Power L3, to assist clients at the appropriate stage of the disease.

BED L1 - Low intensity. Exercises are chair-based. Programming addresses basics of function and mobility of joints, as well as fundamental exercises, for getting out of a chair, standing up, getting out of a car, and walking. The focus is on BIG movements at this level. There is no floor work.

BED L2 - Mild intensity. Exercises require more effort than L1, with minimal floor work. Focus is on movement, balance, rotational mobility, light strength, cognition, & breathing.

BED Power L3: High intensity. In this advanced class, you train with purpose and push to the max. Step out of your comfort zone and test your limits. An intense mix of movement, balance, strength, and mobility.

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