

FEBRUARY 2019

● = Orange Level ● = Blue Level ● = Both **For B.E.D. Mindful Movement & Boxing ONLY**

Orange/Blue Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Friday, Feb. 22th New Client Assessments at 11:30 ● ●	2	3	1 ● 1-2 Song in My Heart 2:15-3:15 Boxing
**Orange/Blue can now take Mindful Movment on Tuesdays at 12:30	5 12:30-1:30 Mindful Movement 3:15-4:15 Art Workshop	6 ● 10-11 Mindful Movement ● 11:30-12:30 B.E.D. ● 12:45-1:45 Drumming ● 3:30-4:30 Boxing ● 5:30-6:30 Power B.E.D.	7 10-11 <i>Yes I Can Dance</i> 10-11 Spinning for PD* ● 11:30-12:30 B.E.D. 1-2 Better Every Word 2-3 Ask the Doctor 3:15-4:30 Support Groups 3:30-4:30 LSVT Grads	8 1-2 Song in My Heart ● 2:15-3:15 Boxing
4 ● 10-11 Mindful Movement ● 11:30-12:30 B.E.D. ● 2:00-3:00 Boxing 3:15-4:30 Support Groups 4:30-5:30 Tai Chi ● 5:30-6:30 Power B.E.D	12 12:30-1:30 Mindful Movement 3:15-4:15 Art Workshop	13 ● 10-11 Mindful Movement ● 11:30-12:30 B.E.D. ● 1:30-3 MjFox Webinar ● 3:30-4:30 Boxing ● 5:30-6:30 Power B.E.D.	14 10-11 <i>Yes I Can Dance</i> 10-11 Spinning for PD* ● 11:30-12:30 B.E.D. 1-2 Better Every Word 3:15-4:30 Support Groups 3:30-4:30 LSVT Grads	15 1-2 Song in My Heart ● 2:15-3:15 Boxing
11 ● 10-11 Mindful Movement ● 11:30-12:30 B.E.D. ● 2:00-3:00 Boxing 3:15-4:30 Support Groups 4:30-5:30 Tai Chi ● 5:30-6:30 Power B.E.D	19 12:30-1:30 Mindful Movement 3:15-4:15 Art Workshop	20 ● 10-11 Mindful Movement ● 11:30-12:30 B.E.D. ● 12:45-1:45 Drumming ● 2-3 Greene Lecture Series ● 3:30-4:30 Boxing ● 5:30-6:30 Power B.E.D.	21 10-11 <i>Yes I Can Dance</i> 10-11 Spinning for PD* ● 11:30-12:30 B.E.D. 1-2 Better Every Word 3:15-4:30 Support Groups 3:30-4:30 LSVT	22 ● 11:30-12:30 New Client Assessment ● 1-2 Song in My Heart ● 2:15-3:15 Boxing
18 ● 10-11 Mindful Movement ● 11:30-12:30 B.E.D. ● 2:00-3:00 Boxing 3:15-4:30 Support Groups 4:30-5:30 Tai Chi ● 5:30-6:30 Power B.E.D	26 12:30-1:30 Mindful Movement 3:15-4:15 Art Workshop	27 ● 10-11 Mindful Movement ● 11:30-12:30 B.E.D. ● 12:45-1:45 Drumming ● 3:30-4:30 Boxing ● 5:30-6:30 Power B.E.D.	28 10-11 <i>Yes I Can Dance</i> 10-11 Spinning for PD* ● 11:30-12:30 B.E.D. 1-2 Better Every Word 3:15-4:30 Support Groups 3:30-4:30 LSVT - Open to All Clients today	
25 ● 10-11 Mindful Movemt ● 11:30-12:30 B.E.D. ● 2:00-3:00 Boxing 3:15-4:30 Support Groups 4:30-5:30 Tai Chi ● 5:30-6:30 Power B.E.D				

**2/13-MJFox Webinar Facilitated
by Dr. Karen Jaffe
"On Your Feet: Addressing Gait
and Balance Issues in
Parkinson's"**

The panel will discuss common gait and balance problems that can occur with Parkinson's and current and emerging treatments to address them.

1:30-3:00pm

**2/7- Ask the Doctor with
Dr. David Riley
"The Economic Burden of
Parkinson's Disease"**

Dr. Riley will be talking about the economic burden of PD and the effects.

2:00-3:00 pm

**2/20- Bill and Sally Greene
Lecture Series
"When do I call for Help?"
with Eran Shiloh**

When a care partner witnesses a fall, or other accident, or new symptoms your partner reports or complains about... proper and timely response is critical.

In fact, taking the right actions at the right time could save a loved one's life. Learn strategies for deal with mishaps, falls, or spontaneous symptoms.

2:00-3:00 pm

**All Healing Arts Classes may be taken by anyone:
Tai Chi, Art Workshop, Yes I Can Dance, Song in My
Heart, Drumming**

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



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