


Assessment Month

MARCH, 2020

Orange/Blue Calendar

2 MONDAY	3 TUESDAY	4 WEDNESDAY	5 THURSDAY	6 FRIDAY
10-11 Mindful Movement 11:30-12:30 B.E.D.		9:45-10:45 Handwriting 10-11 Mindful Movement	10-11 Yes I Can Dance 10-11 Spinning for PD	10-11 Mindful Movement 1-2 Song in my Heart
2-3 Boxing	10-10:45 Loud Crowd 12:45-1:45 Spinning	11:30-12:30 ASSESSMENT 12:45-1:45 Drumming	11:30-12:30 B.E.D.	2:15-3:15 Boxing
4:30-5:30 Tai Chi 5:30-6:30 Power BED		3:30-4:30 Boxing 3:30-4:25 Art Workshop 4:30-5:30 Tai Chi 5:30-6:30 Power BED	2-3 Ask the Doctor 3:30-4:30 LSVT Grads	
9	10	11	12	13
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2-3 Boxing	10-10:45 Loud Crowd 12:45-1:45 Spinning 1-2 PD 201	11:30-12:30 ASSESSMENT 12:45-1:45 Drumming	11:30-12:30 B.E.D.	2:15-3:15 Boxing
4:30-5:30 Tai Chi 5:30-6:30 ASSESSMENT		3:30-4:30 Boxing 3:30-4:25 Art Workshop 4:30-5:30 Tai Chi 5:30-6:30 Power BED	1-2 PD Cafes 3:30-4:30 LSVT Grads	
16	17	18	19	20
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23	24	25	26	27
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30	31	<p style="text-align: center;">NEW Every Saturday-Boxing class @ 10:30-11:30 am</p> <hr/> <p><i>*Spinning for PD is on: Tuesdays at 12:45@Solon Rec 35000 Portz Pkwy, Solon</i> Thursdays ;10am@YMCA 4433 Northfield, Warr. Hts.</p>		<p style="text-align: center;">If you have taken PD101 or if you are a Carepartner, Enroll in PD201 - New sessions start March 10th</p>
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3/5 Ask the Doctor with PT Amy Chan
"Physical Therapy, Movement Disorders and Exercise"
 Amy Chan, PT, Clinical Specialist Neurology Rehabilitation & Sports Therapy at the Cleveland Clinic.
 Ms. Chan will also be sharing the latest research. **2-3 pm**

PD Cafes- 3/12 & 3/26
 Facilitated by Sue Tucker, MSW, LISWS, ACSW
 A place where people with PD and CP can gather and share stories, experiences, worries, fears, wisdom, and find community and strength together. The cafés are designed to be fun and informative. Separate groups for (PWP and CP)
1-2 pm

3/19 MJ Fox Webinar with Dr. Karen Jaffe

"Depression and Anxiety in PD"
 This webinar discusses Depression/Anxiety and panel will be discussed and panel will offer advice on managing symptoms
1:30-3pm

InMotion
registration@beinmotion.org

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BED™ and Mindful Movement are supported in part by a community grant from the Parkinson's Foundation.