Living with Parkinson's disease?

FALL 2019
September 12 to December 12

Come DANCE ...SING WITH US !

Open doors on October 10 !

Creativity
Coordination
Balance Flexibility
Pleasure & much more!

Room MC1 / 600, Oak avenue
Saint-Lambert (Québec) J4P 2R6

Information – inscription
450.928.8066

Welcome to a Parkinson en mouvement (PEM style) class: together, we dance to lively music, doing the movements along with a dance therapist, and having fun at it! Quite an impressive sight since the most common symptoms of Parkinson's are 'freezing of movement', impaired balance, muscle rigidity, and tremors!

Our program is supervised by the Montreal based Parkinson en movement.
We benefit from the expertise of the CIUSSS physiotherapists in Montérégie.

FALL SESSION 2019

September 12 to December 12
14 weeks

INSCRIPTION AT ALL TIME

TRIAL 5 $

AFFORDABLE PRICES

DANCE with Carol Jones

Thursdays / 10 : 50 to 12 : 00

Dance-movement / Rhythm / Amplitude (Big) / Improvisation - free style
Choreographic work / Vocal work

DUO SING & DANCE

with Reena Chang and Carol Jones

Coming soon

Vocal and respiratory work while we are playing with our singing voice combined to easy dance steps!

PARKINSON en mouvement

To learn more

Don't hesitate to communicate directly with Carol Jones :

450.928.8066

Contact us

www.lezebrejaune.com/parkinson-en-mouvement
cjones.parkinsonenmouvement@gmail.com