



"POISED FOR PARKINSONS"

**A UNIQUE NEW LIVE ONLINE GROUP CLASS from The Poise Project!
FOR PEOPLE LIVING WITH PARKINSON'S and their CARE PARTNERS
Starting in the South Carolina Coastal Area in January!**

FUNDED BY A COMMUNITY IMPACT GRANT FROM
THE PARKINSON'S FOUNDATION



**South Carolina Coastal Area Online Course
Mondays & Thursdays, 2:00pm-3:45pm, January 18 — March 18, 2021**

Appropriate for people in early stages of Parkinson's and spouses or other care partners.

To see if this course is appropriate for you and to register, contact: Petrea Warneck
PetreaWarneck@gmail.com or 803-414-8145

More info: <https://www.thepoiseproject.org/events/2021/sccoastal-pfp-course>

Limited to 10 participants per course

How will I benefit?

- Improve coordination, balance, posture & vocal control
- Increase body awareness, confidence, and independence
- Enjoy daily movement with more fluidity
- Reduce discomfort or pain
- Meet the challenges of Parkinson's more skillfully.
- Enjoy a great group connection!

Alexander technique (AT) is a well-established method that performing artists have been using for decades to skillfully manage stressful circumstances and reduce anxiety, move more freely, and avoid performance-related injury.

Poised for Parkinson's is a 9-week Alexander technique based group class meeting for 105 minutes twice a week via Zoom. And no tech worries! You will have plenty of advance help in how to do a very simple set up for the course. Please don't let "technology" be a barrier for you!

The Poise Project® is a nonprofit with the mission of helping the public maintain poise and personal growth throughout all stages and challenges of life using the principles of Alexander technique (AT).

To learn more about Alexander technique and The Poise Project® please visit: www.thepoiseproject.org