



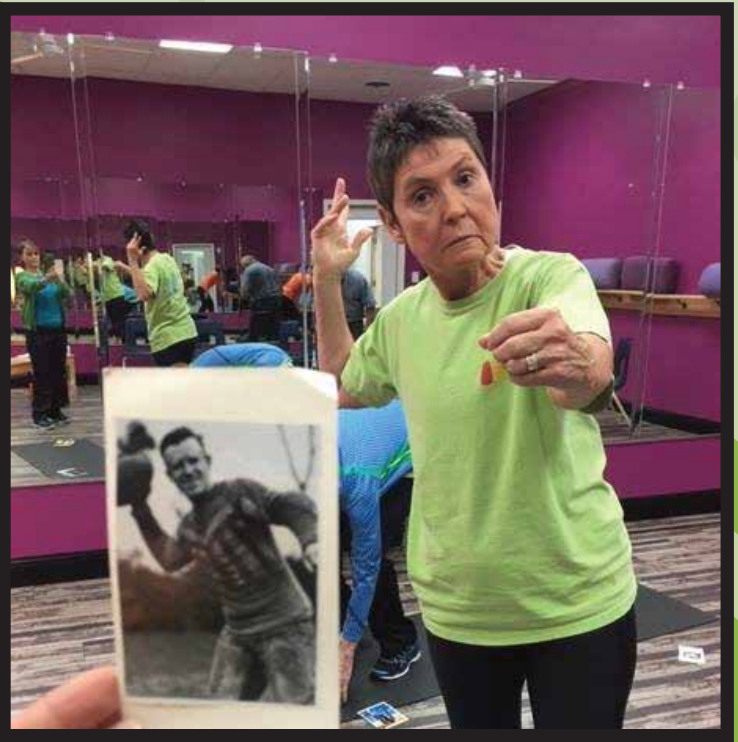
# PARKINSON'S & THEATRE

## THE ART OF EXPRESSION



## WHAT IS THEATRE?

The Parkinson's Exercise and Wellness Center is a supportive social setting where participants can learn to harness their creativity while exploring physical movement and emotions through acting techniques which include visualizations, mental practice, rhythm, rhyme, improvisation and vocal production. No prior acting experience is needed to participate.



## WHY ART OF EXPRESSION?

- Target the non-motor symptoms of Parkinson's
- Accesses the creative centers of the brain
- Rewires neuropathways
- Lowers stress chemicals
- Improves mood, motivation & self-confidence
- Improves reading abilities
- Greater mobility, body control and awareness

## MISSION STATEMENT

The Parkinson's Exercise and Wellness Center provides Parkinson's patients and others suffering from neurologically-based "movement disorder diseases" exercises for a stronger body, education and resources for a stronger mind, and camaraderie and support for a stronger spirit.