THE PARKINSON'S EXERCISE AND WELLNESS CENTER

PARKINSON'S - ART OF EXPRESSION

PARTE™

WHAT IS PARTE™?

During PARTE™ sessions participants engage in theatrical techniques and learn to harness their creativity. They explore movement and emotions via improvisations, visualizations, vocal exercises, rhythm, and rhyme.

WHY ART OF EXPRESSION?

- Target the motor & non-motor symptoms of PD
- Accesses the creative centers of the brain
- Rewires the neuropathways
- Decreases anxiety
- Encourages socialization
- Improves mood, motivation & self-confidence
- Promotes greater mobility and body control

This ground-breaking program is only available here at the Parkinson's Exercise and Wellness Center.

Now casting - Come join the PARTE™ and bring out the Tony award winner in you!

(No prior acting experience is needed.)

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