

Location and Schedule

The Creative Arts and Wellness Day Program is offered on the first and third Thursdays of every month for persons with Parkinson's and their care partners.

AdventHealth Church

2800 North Orange Avenue
Orlando, FL 32804

- Chair Yoga and Mindfulness
- Music Therapy
- Movement as Medicine
- Expressive art

To learn more about this **FREE** program, contact the **Parkinson Outreach Center** at **407-303-5295**.

Thank You to Our Partners

The Creative Arts and Wellness Day Program is the result of our unique community partnerships with entities including Valencia College, Central Florida Community Arts, Parkinson Association of Central Florida and the Parkinson Outreach Center.




AdventHealth

AdventHealthNeuroInstitute.com

AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-3025.

Creative Arts and Wellness Day Program

for Parkinson's Patients and Their Care Partners




AdventHealth

Artistic Expression as Therapy

The Creative Arts and Wellness Day Program is a half-day session of arts-based wellness activities designed to address the social, emotional, physical and spiritual aspects of Parkinson's self-management. Understanding that Parkinson's symptoms can become worse due to stress, this **wholistic approach uses creative movements as a means of reducing stress and promoting relaxation. Participants are invited to engage in the following activities:**

- Chair yoga and mindfulness class
- Neurologic music therapy
- Movement as Medicine Dance for Parkinson's Class
- Art

How it Works

Activities like dancing help to address motor issues of rigidity, poor balance and slow movement through the healing power of therapeutic movement. Creative expression, fine motor exercises and relaxation are all part of the process and provide an opportunity to set aside physical challenges while focusing on things that empower, stimulate the mind, and effectively manage the symptoms of Parkinson's. Benefits to participants include:

- Helps develop flexibility and instill confidence
- Provides a stimulating mental activity that connects mind to body
- Promotes socialization and communication while limiting isolation
- Values individual expression
- Stimulates motor movement and cognition



What to Expect

CHAIR YOGA & MINDFULNESS CLASS

Led by a certified yoga, meditation and mindfulness instructor, students are guided through gentle poses to help stretch the body and relax the mind while focusing on the present moment.

MUSIC THERAPY

Led by AdventHealth Board Certified music therapist Rich Moats, and her team of certified therapists, this session employs music to train and rehabilitate non-musical functions such as motor movement, communication, and cognition. Singing is used as a means of functional exercise and to address vocal intensity, intelligibility, and conversational speech. Specific music is selected for therapeutic purposes and to share with community members in planned performances.

MOVEMENT AS MEDICINE: DANCE FOR PARKINSON'S

Led by Dr. Suzanne Salapa, head of the Valencia College Department of Dance, this session explores motion with music in ways that are stimulating and enjoyable. Dr. Salapa has been formally trained in the internationally acclaimed Dance for PD® Program.

EXPRESSIVE ART

Led by Central Florida Community Arts, this class will explore a variety of art forms. You do not need to be good at drawing to participate in this program, as the goal is simply to enjoy freedom of expression and the benefit of the process through which creativity helps to reduce stress, enhance socialization, and stimulate the mind while challenging you with novel activities.

