

# FREE HEALTH WORKSHOP

## Aging in America – Parkinson’s Disease and the Movement for Movement

FEBRUARY 25, 2018

2PM – 5PM

Benicia Senior Center

187 East L Street

Benicia, CA 94510

Featured Professionals:

Dr. Ryan Cason, The Movement Chiropractic

Margaret Kenrick, Dance for PD

Dr. Peter Lichty, MD

Marleen Stam-Gibbs, Yoga for PD

Join scientists, doctors and body mechanics specialists for a discussion of Parkinson’s disease, the emotional and physical challenges and how a regime of movement through dance and yoga can help

Sponsored by Benicia Ballet Theatre

707-746-6757 \* [info@beniciaballet.org](mailto:info@beniciaballet.org)

BBT’s World Premiere Ballet, LEGACY

March 17, 2018

Inspired by those who have faced the challenges of PD with grace and love for life