



PDActive ▶

By and For People with Parkinson's Disease

OPEN HOUSE

ACTIVITY BLOCK CLASS PROGRAM

WHEN February 28, 2020 • 1:00 pm–3:00 pm

WHERE The Yoga Room • 2530 San Pablo Ave, Berkeley

JOIN US TO

- See class demonstrations
Tai Chi • Be Heard! Voice for Parkinson's • PWR! Circuit • Drum Circle
- Meet our instructors
- Learn about the ABC Program
- Enjoy refreshments with friends

THE ACTIVITY BLOCK CLASS (ABC) PROGRAM SCHEDULE

The ABC Program provides four separate classes weekly on Fridays from 12pm – 4pm. Classes begin Friday, March 6 at The Yoga Room in Berkeley.

12:00 pm–12:55 pm: **Tai Chi** with Otto Dittmer

1:00 pm–1:50 pm: **Be Heard! Voice for Parkinson's** with KT Warren

2:00 pm–3:00 pm: **PWR! Circuit** with Petra Fibrichova

3:10 pm–3:50 pm: **Drum Circle** with Jeffrey Alphonsus Mooney

COST* \$10 per class or \$30 for all 4 classes

**No one turned away for lack of funds*

For more information contact Adam: programs@pdactive.org or (510) 542-4609