



Rush Copley Medical Center

Virtual Movement Disorders Program

Exercise, Music, Support - Live Online

The Movement Disorders Program provides support and programming for people living with Parkinson's disease or other movement disorders. Programs are now online for the safety of participants.

Exercise

Levels 1 and 2 - Tuesdays and Thursdays at 2:30 p.m.
Level 3 - Tuesdays and Thursdays at 3 p.m.
Dance for Fun and Fitness - Wednesdays at 1 p.m.
Mind and Body - Fridays at Noon

Music Therapy - Tuesdays at 1 p.m.

The goal of music therapy is to increase speech intelligibility, pitch and loudness, improve respiratory strength and provide relaxation. No musical talent is necessary.

Support Group - Thursdays at 1 p.m.

The Support Group provides support and education for those living with Parkinson's disease and other movement disorders.

For more information or to join the groups, contact Cheryl Rerko at Cheryl.NelsonRerko@rushcopley.com or 630-499-6681.