

# Find Your Beat: Drumming for Parkinson's New In-Person Program!

Don't miss your opportunity to sign up for this 3-week skill building program! Experienced drumming instructors, Monique Morimoto, MS, CPCC, and Stephen Whitney, return to Wellness Works to teach this ancient form of mind-body healing while providing an upper body workout. Parkinson's patients and care partners are welcome! The cost is \$60 per person (for 3 classes).

## When?

Tuesdays, October 22, October 29, and November 5 from 11AM - 12:15PM

## Where?

Jewish Family & Children's Services  
1430 Main St., Waltham, MA



*This collaborative event is sponsored by BIDMC and JF&CS  
Register by emailing Luna Luo at [zluo1@bidmc.harvard.edu](mailto:zluo1@bidmc.harvard.edu)*