THE EMPOWERING LYRICS OF TAYLOR SWIFT: LESSONS OF RESILIENCE

Taylor Swift has made her presence known worldwide. Her narrative lyrical style lends itself to making emotional connections about how we face personal challenges. Swift's songs aren't a cure for PD, but we know that music improves wellbeing. The words to her song "Shake It Off" may stick with you long after the program ends! This program will be led by Laura Becker, an experienced instructor on Swift, and Lissa Kapust, Wellness Works coordinator. FREE ON ZOOM, care partners invited.

Pre-registration required, class size will be limited.

Sign up Here!

WHERE: ZOOM

DATE: OCTOBER 16TH

TIME: 2-3:30PM