

Chair Yoga for Parkinson's

Northwestern Medicine, in partnership with Paul Weitz, certified yoga instructor, is happy to bring you Chair Yoga for Parkinson's.

Date: 2nd, 3rd, 4th, and (5th) Tuesday of each month

Time: 2:00-3:00 PM (CT)

Location: Zoom

Cost: Free



Please contact Erin at erin.cecchi@nm.org, if you are interested in joining.
