

LOCAL CLASSES FOR PEOPLE WITH PD 2019

Classes	Location	Instructors	Contact Info	Day
Dance Moves Me for PD	Bridgecourt Building, 3990 Harlan St., Emeryville	Debbie Sternbach	http://fasn8n.wix.com/dancemoovesme Fasn8n@comcast.net 510-653-8362	Fri
Mindful Movement: You, Yoga & Parkinson's	This Here Space 1914 Oregon St., Berkeley	Aileen Kim 510-406-1320 Pamela Perry 510-658-3699	aileenkim@gmail.com pamela@gatewaytograce.net	Fri
Parkinson's Disease and the Art of Moving	JCC Berkeley 1414 Walnut St., Berkeley	Debbie Sternbach	http://fasn8n.wixsite.com/dancemoovesme/john-argue-method 510-653-8362	Mon
Parkinson's Disease Movement	Berkeley Adult School 1701 San Pablo Av., Berkeley	Jan Hetherington	http://bas.berkeleyschools.net jan@moves-to-improve.com 510-644-6130	Thu
Thriving with Parkinson's	Lodge at Harbor Bay 801 Island Dr. Alameda	Alysa Stanford	AESTherapy@AECLiving.com 510-748-0158	Wed & Fri
Water Works (aquatic fitness)	Bellevue Club 525 Bellevue Av., Oakland	Kate Johnson	kfullerjohnson@gmail.com 510-891-0463	Mon/Fri