

St. Charles Hospital
presents:



LOUD & LYRICAL

A THERAPEUTIC CHORUS FOR
PEOPLE WITH PARKINSON'S DISEASE
(AND THEIR CARE PARTNERS, TOO)

**NOW VIRTUAL - JOIN VIA ZOOM
FROM THE COMFORT OF HOME**

Meets on the 1st and 3rd Wednesday, 2:00 - 3:00 pm
Followed by PD support group from 3:00 - 4:00

**GO TO WWW.APDAPARKINSON.ORG/NY AND CLICK ON
SUFFOLK COUNTY SUPPORT GROUPS FOR SPECIFIC MEETING DATES**

*Research-based techniques
Breath and posture exercises*

No musical experience necessary

Enjoyable songs

Social togetherness and fun!

*Vocal volume and quality
Singing with a purpose*

**PARTICIPATION IS FREE!
SPACE IS LIMITED - CALL TO REGISTER
631-862-3560**