

# MARCH 2023 PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Moving with PD</b> 11:15-12:00 Instructor: Kris	<b>Walk Balance &amp; Stretch</b> 12:30-1:00 Instructor: Kris <b>ZOOM ONLY</b>	<b>Moving with PD</b> 11:15-12:00 Instructor: Kris	<b>Walk Balance &amp; Stretch</b> 12:30-1:00 Instructor: Kris <b>ZOOM ONLY</b>	<b>Moving with PD</b> 11:15-12:00 Instructor: Kris
<b>Chair Yoga</b> 1:00-2:00 Instructor: Patricia <b>ZOOM ONLY</b>	<b>*ParkinSingers</b> 2:00-2:45 Instructor: Hayley	<b>PD Dance</b> 2:45-3:30 Instructor: Susie		
			<b>3<sup>rd</sup> Thursday PD Support and Education Meeting</b> 4:00-5:15 pm	

The following classes will NOT be held in March:

Walk Balance & Stretch Thursday, March 2<sup>nd</sup>

Moving with PD Friday, March 3<sup>rd</sup>

Moving with PD Wednesday, March 15<sup>th</sup> & Friday, March 17<sup>th</sup>

PD Dance Wednesday, March 15

**\*ParkinSingers will switch to Monday, March 7<sup>th</sup> ZOOM ONLY**



PLEASE REGISTER FOR IN-PERSON CLASSES VIA



**ZOOM LINKS** (Registration not required for Zoom attendance)

Moving with PD <https://us02web.zoom.us/j/82195406939>

Chair Yoga <https://us02web.zoom.us/j/89959087074>

Walk Balance & Stretch <https://us06web.zoom.us/j/84951696820>

ParkinSingers <https://us02web.zoom.us/j/84497515634>

**Studio Location:**  
260 33<sup>rd</sup> Ave SW, Suite G Cedar Rapids  
Please enter West door facing I-380

**Mailing Address:**  
PO Box 931  
Cedar Rapids IA 52406

The Cedar Rapids Metro Parkinson's Association is a non-profit 501(c)3. Our tax ID number is 82-2808155  
ALL PROGRAMS ARE FREE THANKS TO DONATIONS AND SPONSORSHIPS