


MARCH-MAY 2023 PROGRAM CALENDAR

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

Please check the calendar on our website for monthly changes to classes, or email kriscameron@crmetroparkinsons.com

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 33rd 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