

# SMILE THROUGH ART™

[www.smilethroughart.com](http://www.smilethroughart.com)

In partnership with The American Parkinson Disease Association Massachusetts (APDA-MA) Chapter, The Art Cart will continue a monthly series of Smile Through Art™ workshops at DopaFit™ Parkinson's Movement Center.

Come learn the benefits of creativity and movement for people living with Parkinson's Disease. Our workshops explore different mediums of art and teach participants how to temporarily alleviate symptoms of Parkinsons while enhance mood and fine motor skills.

Pre-registration for each workshop is required! These workshops are supported by a grant from APDA-MA and there is no cost to attend. To sign up or for more information please contact APDA-MA board member, Saba Shahid, at [smilethroughart@gmail.com](mailto:smilethroughart@gmail.com) or at (203) 565-9647.

**For more information on our programming, visit [www.smilethroughart.com](http://www.smilethroughart.com)**



## CREATIVITY AND MOVEMENT WORKSHOPS

**OPEN ONLY TO PERSON WITH PARKINSONS. FAMILY MEMBER OR CAREGIVER WELCOME TO ATTEND (SPACE PERMITTING)**

### WORKSHOP DATES:

**January 26, 2019  
February 23, 2019  
March 16, 2019  
April 6, 2019  
May 25, 2019  
June 29, 2019  
July 27, 2019  
August 24, 2019  
September 21, 2019  
October 19, 2019  
November 16, 2019  
December 7, 2019**

**Time: 11-1pm**

### Location:

**DopaFit™ Movement Center  
15 College Highway  
Southampton, MA  
01073**