The Bill Collins Parkinson’s Resource Center

Mind and Body Exercise Series

2019 Series Dates
All classes are held on Tuesdays from 11 a.m. until 12 p.m.

This exercise series is available for any individual with Movement Disorders, including current or previous Frazier Rehab patients. All classes are held in the Bill Collins Parkinson’s Resource Center, located on the first floor of the Frazier Rehab Institute. Classes are FREE, and those interested can pre-register by calling 502.582.7654.

February 5 – June 25

DANCE FOR HEALTH
David Thurmond is a professional dancer, choreographer, educator and arts administrator. He has presented dance workshops in a variety of healthcare settings. The Dance for Health Program is based on the interrelationship of the body, mind and emotion. It is designed to supplement other therapeutic activities and improve each individual’s coordination, flexibility, body image, self-concept and energy levels. Thurmond’s workshops invite participants to reconnect with their bodies through expressive movement, and experience the joy that music, dance and creativity bring to their lives. The movement sessions will inspire a renewed sense of confidence, vitality and energy within, while strengthening the bonds of friendship and camaraderie.

July 2 – November 26

TAI CHI

Chris Gray began his first martial arts training with Master Joan Richert, 10th degree black belt in 1994 at the age of 21, and is currently a 6th degree black belt in Grandmaster Villari’s Shaolin Kempo Karate. Gray is trained in the 37 posture Chen Man Ching Form. He has also learned the 13 posture, 16 posture and the Yang Cheng-Fu TaiJiQaun sets. Gray completed a Bachelor of Science in Health and Human Performance at the University of Louisville in 2013. Healthy lifestyle maintenance is his ultimate goal for the class. Tai Chi is a very low maintenance activity that can be performed anywhere.

After this class, he hopes all participants will take something away that they can engage in outside of the clinical setting to enrich their personal experience. Gray says, “My favorite part of teaching is going through the journey with my students. Every student comes with a different set of raw materials, experiences and tendencies. As an instructor, I strive to help them reach their full potential, making it an enriching experience for all.” will inspire a renewed sense of confidence, vitality and energy within, while strengthening the bonds of friendship and camaraderie.