

O R D E R F O R M



Larry Levenson



Motivating Moves

for People with Parkinson's

Janet Hamburg's Seated Exercise Program

with Music by Juilliard Composer and Pianist Robert Abramson

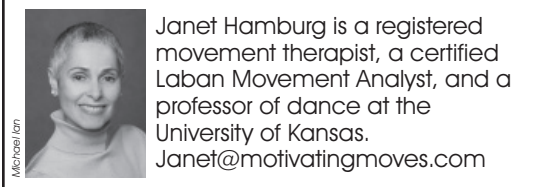
An award-winning program of 24 short, stimulating exercises. They address typical challenges of Parkinson's such as balance, flexibility, walking, posture, breathing, vocal range and facial expression. They're also fun to do. A pilot research study showed that participants significantly improved their balance and mobility. Caregivers and friends have found the program to be beneficial, too.

► Features three color-coded sections for easy cueing:

How to Do Motivating Moves 45 minutes

The Exercise Class 36 minutes

Practical Tips for Daily Living 4 minutes



Michelle Iann

Janet Hamburg is a registered movement therapist, a certified Laban Movement Analyst, and a professor of dance at the University of Kansas. Janet@motivatingmoves.com

"Janet Hamburg's expertise and excellent teaching skills put this video at the top of the class."

—Lucien Côté, MD, Neurologist and Parkinson's Specialist, Columbia University Medical Center, New York City

This program was originally co-produced with the Parkinson's Disease Foundation.

www.motivatingmoves.com
www.parkinsonheartland.org

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