

PD CLUBHOUSE

presents

Better Brain Activation with Applied Neurology Saturday, March 30th 1 - 3pm



Join Neuro Coach,
Functional Mobility Specialist and POP Volunteer
Anna Gieselman aka 'AnnaMission' for a talk about
Applied Neurology and how it can help your brain. You'll
learn some of the basics about how your brain works,
plus how to activate different brain structures and
pathways via neuro-targeted exercises to reduce pain,
muscle stiffness, tremors and increase movement
proficiency and performance. All participants will
receive a few basic tools to practice with at home.

***This event is free and open to everyone in the
Parkinson's community.***