



CHAIR YOGA

Instructor: Roberta Schine

When: Tuesdays 3:30 - 4:30pm

Where: 2nd Floor Conference Room

This gentle class is designed to help people with Parkinson's disease, dystonia, and other movement disorders. Emphasis is on flexibility, coordination, facial movement, voice, balance, and gait.

T'AI CHI CLASSES



Instructor: Carolyn Perkins

When: Thursdays 6:15 - 7:15pm

Where: 2nd Floor Conference Room

T'ai Chi is a simple, yet highly effective movement routine that brings up the body's vital energy. No special clothing is required.

*No fee for any class
or group.*

*Donations are gratefully
accepted.*



BALANCE WORKSHOP

Instructor: Roberta Schine

In this class, you'll learn a routine of 10 gentle, easy-to-practice exercises designed to help you improve your balance and decrease your risk of falling.

****May session is FULL, please RSVP for the September session****

CLASS SIZE IS LIMITED, RSVP REQUIRED:
212-844-6134 OR
BIMCMovDis@chpnet.org

◇◇◇RESEARCH STUDY◇◇◇

Our 12 week session beginning in September will have an associated research study for patients with Parkinson's disease. If you are interested in participating, please call study Principal Investigator Dr. Sheree Loftus at (212)844-8482 or loftussl@optonline.net

VOICE YOGA

Instructor: Roberta Schine



When: Tuesdays 5:00 - 6:00pm

Where: 5th Floor Conf. Rm 5K04

Oct. 11, 18, 25 & Nov. 1, 8, 15

Learn simple, fun yoga exercises to help strengthen your vocal chords, speak louder and learn to articulate. We will offer a six week session, which will continue if there is sufficient interest.

RSVP REQUIRED:
212-844-6134 OR
BIMCMovDis@chpnet.org

Center Staff & Class Instructors

Beth Israel Staff

Joan Miravite, FNP; Nurse Practitioner

Sheree Loftus, PhD; Nurse Scientist

Support Group Facilitators

Mary Good

Leonore Gordon, LCSW

Eileen Mullarkey, LCSW

Movement Class Instructors

Carolyn Perkins; Tai Chi Instructor

Roberta Schine; Yoga Instructor

SPECIAL EVENTS

Easy Does It = SAFE
(Strength, Awareness, and Flexibility promote Engagement)

Instructor: Richard Sabel, OT

When: Mondays 4:00 - 5:00 PM

eight week session from September 12 - Nov 14 (no class on 10/10, Columbus Day)

Where: 5th Floor Levy Conf. Room 5K04

CLASS SIZE IS LIMITED, RSVP REQUIRED:
212-844-6134 OR BIMCMovDis@chpnet.org

Attention, Memory and You

Instructor: Christina Palmese, PhD

When: July 15, 1-2pm
Sept 21, 4-5pm
Nov 18, 1-2pm

Where: 5th Floor Levy Conf. Room 5K04

RSVP REQUIRED:
212-844-6134 OR BIMCMovDis@chpnet.org



University Hospital and
Manhattan Campus for
the Albert Einstein College
of Medicine

Continuum Health Partners, Inc.

Support Groups & Movement Classes

May - December 2011

Movement Disorders Research Center

The Alan and Barbara Mirken
Department of Neurology

Beth Israel Medical Center
10 Union Square East, Suite 5H
New York, New York 10003

212.844.6134 or
BIMCMovDis@chpnet.org



NATIONAL PARKINSON FOUNDATION

CENTER OF EXCELLENCE



THE BACHMANN-STRAUSS
Dystonia & Parkinson Foundation, Inc.

DYSTONIA CENTER OF EXCELLENCE

Men's PD Support Group

First Monday of the Month

2:00 – 4:00PM

Dept. of Neurology, 5th floor

Levy Conference Room (5K04)

May 2 (Special Event), June 6

July and August: NO meeting

Sept 12 Nov 7

Oct 3 Dec 5

Facilitator: Joan Miravite, FNP

212.844.6134

Young Onset Support Group

Open to all those diagnosed with PD
before the age of 55

Second Thursday of the Month

5:30 – 7:30PM

Dept. of Neurology, 5th floor

Levy Conference Room (5K04)

May 12 Oct 13

June 9 Nov 10

Sept 8 Dec 8

July and August: NO meeting

Facilitators: Sheree Loftus, PhD

And Leonore Gordon, LCSW

212.844.8482

Manhattan PD Support Groups

(Afternoon Group)

Second Thursday of the Month

2:00 – 4:00PM

Dept. of Neurology, 5th floor

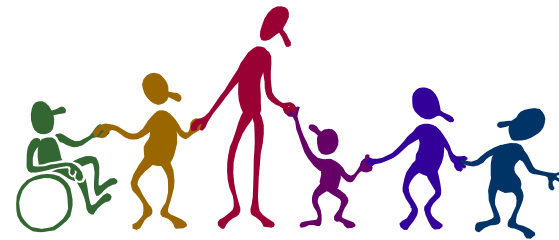
Levy Conference Room (5K04)

May 12 Oct 13

June 9 Nov 10

Sept 8 Dec 8

July and August: NO meeting



(Movers and Shakers Group)

Last Thursday of the month

5:30 – 7:30PM

2nd floor; Conference Room 1

May 26 Oct 27

June 30 Nov 17

Sept 22 Dec 15

July and August: NO meeting

Facilitators: Sheree Loftus, PhD

And Mary Good

212.844.8482

Carers' Groups

For caregivers of people with Parkinson's

One Wednesday per Month

6:00 – 8:00PM

Dept. of Neurology, 5th floor

Small Conference Room (5E17)

May 11 Sept 14

June 8 Oct 12

July 13 Nov 9

Aug 10 Dec 14

Facilitator: Eileen Mullarkey, LCSW

emullarkey@msn.com



Essential Tremor Support Group

1st Thursday of the Month

1:00 – 3:00PM

Dept. of Neurology, 5th floor

Levy Conference Room (5K04)

May 5 Oct 6

June 2 Nov 3

July 7 Dec 1

Aug and Sept: NO meeting

Facilitator: Margaret Mackey

212.673-8207 or toddmackey@nyc.rr.com

Adult Dystonia Support Group

Monday, Sept. 19th, 6:00 – 8:00PM

Special Screening of the documentary film
"twisted"

Dept. of Neurology, 5th floor

Levy Conference Room (5K04)

Please RSVP: Joan Miravite, FNP

212.844.6134

Deep Brain Stimulation (DBS)

Surgical Support Group

Thursday, Oct 20th, 1:00 – 3:00PM

Dept. of Neurology, 5th floor

Levy Conference Room (5K04)

For info, call Joan Miravite, FNP

212.844.6134

Ataxia Support Group

Every Other Month on Thursdays

6:00 – 8:00PM

May 12 July 7 Sept 15 Nov 10

Friedman Conference Center

2nd floor; Conference Room #3

For info, e-mail Denise Mitchell at

MARKMEGHAN@aol.com