

BRING ME SUNSHINE: MOVING WELL WITH PARKINSON'S

Six participatory sessions where people dance and move as a creative response to life with Parkinson's and/or Lewy Body Dementia



Dalton Community Church, Market St, Dalton, Barrow

2 – 3.45pm, Mondays 7 October to 18 November, 2024

✓ Physical

✓ Cognitive

✓ Social

✓ Emotional

BOOKING INFO

Speak to Daphne Cushnie on:

07580 243127

or email: daphnjecushnie@gmail.com

Our sessions are movement, sensory & creative, promoting social interaction & connection. They will involve activities which support motor challenges & speech, cognitive perception & emotional wellbeing. We aim for them to be a source of connection, flow, joy & laughter as well as a means of improving mobility & communication.

The programme includes an educational workshop for NHS healthcare organisations that will happen on Monday 25th November, 2024, 2-4pm. Email: daphnjecushnie@gmail.com



A Warm Welcome Awaits You. Come & Join Us!

Programme facilitators:

Daphne Cushnie – Neurological Physiotherapist & Specialist in Movement & Dance for Neurodegenerative Conditions.

Dr Melanie Brierley – Parkinson's Specialist Dance & Health Artist.

Penny Collinson – Somatic Movement Teacher & Therapist.

**For More Info
email Daphne:
daphnjecushnie@gmail.com**

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LIVE LONGER BETTER.
in Cumbria
revolution!