

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>11:30am-12:30pm TheraQi</p> <p>1:00pm-2:00pm Rock Steady Boxing</p>	<p>3</p> <p>Every Tuesday & Thursday 12:00pm-2:00pm</p> <p>Tai Chi: Health Recovery Class Miami Elks Lodge 10301 SW 72nd St Miami, FL 33173</p>	<p>4</p> <p style="text-align: center;"></p> <p style="text-align: center;">NO PROGRAMS</p>	<p>5</p> <p>Every Tuesday & Thursday 12:00pm-2:00pm</p> <p>Tai Chi: Health Recovery Class Miami Elks Lodge 10301 SW 72nd St Miami, FL 33173</p>	<p>6</p> <p>1:00pm-2:00pm Rock Steady Boxing</p>
<p>9</p> <p>11:00am-12:00pm Large Amplitude Movement / Speech Class (LSVT Based)</p> <p>1:00pm-2:00pm Rock Steady Boxing</p>	<p>10</p>	<p>11</p> <p>11:30am-12:30pm Music Therapy</p> <p>12:30pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm Chair Yoga for PD</p>	<p>12</p>	<p>13</p> <p>1:00pm-2:00pm Rock Steady Boxing</p>
<p>16</p> <p>11:30am-12:30pm TheraQi</p> <p>1:00pm-2:00pm Rock Steady Boxing</p>	<p>17</p>	<p>18</p> <p>11:30am-12:30pm Music Therapy</p> <p>12:30pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm Chair Yoga for PD</p>	<p>19</p>	<p>20</p> <p>1:00pm-2:00pm Rock Steady Boxing</p>
<p>23</p> <p>11:00am-12:00pm Large Amplitude Movement / Speech Class (LSVT Based)</p> <p>1:00pm-2:00pm Rock Steady Boxing</p>	<p>24</p>	<p>25</p> <p>11:30am-12:30pm CAREGIVER MTG.</p> <p>11:30am-12:30pm Music Therapy</p> <p>12:30pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm Chair Yoga for PD</p>	<p>26</p>	<p>27</p> <p>1:00pm-2:00pm Rock Steady Boxing</p>
<p>30</p> <p>1:00pm-2:00pm Rock Steady Boxing</p>	<p>30</p>			<p>For more information contact: CAROLINA at (305) 856-8940, X104 choires@braincenter.org</p>
<p>ROCK STEADY BOXING Tropical Park Mohammad Ali Boxing Center 7900 Bird Road Miami, FL 33155</p>	<p>LSVT BASED THERAPY <i>*Supported by West Gables Rehab</i> St Matthews Church 7410 Sunset Dr. Miami, FL 33143</p>	<p>THERAQI/ MUSIC/ LECTURES/ SUPPORT GROUP St Matthews Church 7410 Sunset Drive Miami, FL 33143</p>	<p>CHAIR YOGA <i>*This program was supported by a grant from the Parkinson's Foundation</i> St Matthews Church 7410 Sunset Drive Miami, FL 33143</p>	<p>BRAIN CENTER NSCFF 2150 Coral Way 8th Floor Miami, FL 33145 www.braincenter.org</p>