

THE MAXWELL & ELEANOR BLUM PATIENT AND FAMILY LEARNING CENTER

Connecting Through the Power of Music and Movement

Since the beginning of time, humans have come together through music and movement to heal from isolation and loneliness. Join Norie Mozzone for an innovative seated movement class based on Ageless Grace, a wellness program based on the science of neuroplasticity where the brain and nervous system have the ability to change form and function. We will play with unique tools steeped in creative expression to promote joint mobility, right-left brain coordination, bone density, balance, confidence, kinesthetic learning, and systemic health. This will all be done with upbeat positive music.

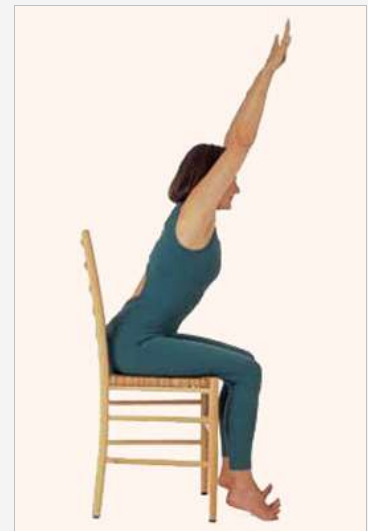
This online program is free and open to MGH staff, patients, and the general public.

To attend this program, click on this link:
<https://partners.zoom.us/j/85370498455>



Featured Speaker: Norie Mozzone

Norie is the Program Coordinator for MGH Dementia Care Collaborative and an Ageless Grace Educator, where she is working to transform memory care for people living with dementia and their care partners. With a focus on creating a space for community and connection, and the importance of interdependence, Norie also co-creates a space for people to recognize their own capacity for wellness growth, sustainability and healing. We are all in this together!



Date: Thursday, May 13, 2021
Time: 12:00 PM - 1:00 PM

For more information,
call 617-724-7352 or
email pflc@partners.org