



You're invited to join us
for an event in our Healthy
at Any Age Series at beautiful
HEARTIS BUCKHEAD.



Joash Lazarus, M.D.

THRIVING WITH PARKINSON'S
in Partnership With Movement Beyond Age and
the American Parkinson Disease Association
3 p.m., Wednesday, Nov. 1

Join us to learn about the latest research and options for maintaining your mobility, presented by leading balance and movement disorder specialist and neurologist Joash Lazarus, M.D., of the Atlanta Neuroscience Institute.

Jonathan Kolowich, certified strength and conditioning specialist, senior fitness specialist and APDA-certified Parkinson's fitness trainer, will demonstrate a PD fitness boxing regimen.

APDA Georgia Chapter Executive Director Amy Johnston and Barbara Mooney, chapter coordinator, will share upcoming programs and learning opportunities for PD patients and families.

Whether you have a recent or long-standing PD diagnosis, this forum is designed for you and your family. Enjoy appetizers, tap into resources and schedule PD fitness training sessions at this valuable session!



**RSVP to Heartis Buckhead by phone
or text to Laura at 770-833-0926 or
email buckheadsc@ISLLC.com.**

