



VOICE FIT

Your voice matters. Let's strengthen it together.

Led by a Speech-Language Pathologist, this weekly wellness group focuses on supporting individuals with Parkinson's

- ✓ Voice & swallow exercises
- ✓ Breathwork & mindfulness
- ✓ Education & strategies for everyday communication



Every Friday beginning January 16



11:00 AM – 12:00 PM



The Blake at LPGA



Sponsored by:

The Parkinson Association of Greater Daytona Beach

\$ Free for PAGDB Members

No registration needed. Just come as you are.



**ALIGNED
HORIZONS**
Therapy Without Limits



Contact us

kara@alignedhorizons.org