

St. Charles Hospital  
presents:



# LOUD & LYRICAL

A THERAPEUTIC CHORUS FOR  
PEOPLE WITH PARKINSON'S DISEASE  
(AND THEIR CARE PARTNERS, TOO)

**NOW VIRTUAL - JOIN VIA ZOOM  
FROM THE COMFORT OF HOME**

Meets on the 1st and 3rd Wednesday of the month, 2:00 - 3:00 pm  
Followed by PD support group from 3:00 - 4:00

*Research-based techniques  
Breath and posture exercises*

*No musical experience necessary  
Enjoyable songs  
Social togetherness and fun!*

*Vocal volume and quality  
Singing with a purpose*

**PARTICIPATION IS FREE!**

**SPACE IS LIMITED - CALL TO REGISTER**

**631-862-3560**