FALL & RECOVER

A workshop to explore ways to PREPARE for, PREVENT and RECOVER from falling

Saturday, October 20th 9:30-12:30pm

Columbine Health Systems Center for Healthy Aging
COLORADO STATE UNIVERSITY

in the CSU Health and Medical Center
151 Lake Street
Fort Collins, Colorado

Cost: $15 per individual or $20 per couple
Space is limited, sign up by October 13th!
Call or email to hold your spot (see info. below)
Healthy snacks and drinks will be available

Presented by Moving Through Parkinson’s and CSU’s Columbine Health Systems Center for Healthy Aging with Lisa Morgan and John Zapanta, PT, DPT

Lisa Morgan, founder and director of Moving Through Parkinson’s, is a movement specialist who has been working in the dance and movement education field for more than 25 years. She is on the faculty at Colorado State University in the School of Music, Theatre and Dance.

John Zapanta, PT, DPT is a physical therapist at Colorado In Motion and on faculty with The Neurorecovery Training Institute, affiliate faculty at South College’s Doctor of Physical Therapy program, and is a guest lecturer around the country on his work integrating orthopaedics, neurology, and cardiopulmonary care. John’s passion’s include integrative medicine and functional movement to allow people to reconnect again to one’s body, reconnect to others, and to reconnect to nature. He has presented his research on Parkinson’s Disease at national conferences. He is trained in LSVT BIG and is a PWR!Therapist which are a high intensive whole body amplitude-based training regime for individuals with Parkinson’s Disease as well as other neurological and orthopaedic conditions.

For more information and to sign up, please email Lisa Morgan at lisa.morgan@colostate.edu or call 970-482-4279