



About SongShine - Vancouver Island

SongShine Vancouver Island provides accessible Arts in Healthcare classes for persons whose speech has been compromised by Parkinson's Disease, stroke, other neurological disorders and/or aging.

The SongShine Program was founded by Dr. Ruthanna Metzger, originally as a pilot study program at Eisenhower Medical Center in California, for the Traub Parkinson's Center. The program was such a success that it is now offered across the United States, and now in Canada! We are excited to offer the first SongShine programs on Vancouver Island. For more information on Dr. Ruthanna Metzger and the SongShine Foundation please visit <http://www.songshineforparkinsons.org>

SongShine V.I. Programs offer:

- Vocal exercises and group singing to strengthen voices.
- Body awareness, relaxation and breath exercises.
- Drama activities to spark imagination and encourage emotional expression.
- Opportunities to build community, create connection and lift spirits.

New to SongShine? Want to see what this program is all about?
Join us Sept 21st, 2016 for a \$10 drop-in.

Any new SongShine participants that pays for the full 10 week series on Sept 21st, 2016 will get a coupon for a free session.

Pre-registration required.

The next 10 week SongShine

When:	Wednesdays starting September 21st, 2016
Time:	11:00am to 12:pm
Where:	St. Phillips By The Sea 7113 Lantzville Rd, Nanaimo, BC
Cost:	\$100 for 10 week program (\$10 per session, caregivers attend for free)

To register and for more information, please visit our website at www.songshinevi.org or contact Hugh Yardley at 250.927.2452