



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.

The next 10 week SongShine

When:	Wednesdays starting September 7th, 2016
Time:	2:00pm to 3:00pm
Where:	Our Savior Lutheran Church 795 Island Hwy W, Parksville, BC V9P 1B9
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