

PARKINSON'S DISEASE BREATHING WORKSHOP

[NPF Grant #: T05_PD Voice Therapy Program]

Workshop to improve expiratory breathing to increase vocal loudness

Participants will:

- **Learn how to keep good posture**
- **Learn how to breathe correctly**
- **Receive an expiratory muscle trainer device and training by expert instructors**

Workshop size limited to 10 participants to allow for individual instruction.

REGISTER BY CALLING: 813-421-5187

LOCATIONS, DATES AND TIMES:

OAK HILL HOSPITAL

**11375 CORTEZ BLVD., BROOKS-
VILLE, FL 34613**

April 30, 2016

10am-12pm

RIVERVIEW LIBRARY

**10509 RIVERVIEW DRIVE,
RIVERVIEW, FL 33578**

June 25, 2016

11am-1pm

JIMMIE B. KEEL REGIONAL LIBRARY

**2902 W. BEARSS AVE., TAMPA,
FL 33618**

October 15, 2016

11am-1pm