

Photo: Larry Levenson




Motivating Moves

for People with Parkinson's

Janet Hamburg's Seated Exercise Program

with Music by Julliard Composer and Pianist Robert Abramson

A unique program of 24 short, stimulating exercises especially for people with Parkinson's. The exercises will improve your breathing, flexibility, sense of balance, vocal range and more. Caregivers and friends have found Janet Hamburg's exercise program to be beneficial and enjoyable.



Janet Hamburg is a registered movement therapist (RMT), a certified Laban Movement Analyst (CMA), and a professor of dance at the University of Kansas.
 Janet@motivatingmoves.com

Photo: Earl Richardson

“Janet Hamburg’s expertise and excellent teaching skills put this video at the top of the class.”

—Lucien Côté, MD, Neurologist and Parkinson's Specialist, Columbia University Medical Center, New York City

Features three color-coded sections for easy cueing:

- ▶ **How to Do Motivating Moves** 45 minutes
- ▶ **The Exercise Class** 36 minutes
- ▶ **Practical Tips for Daily Living** 4 minutes

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