



A Community-Based Approach to Wellness for  
People with Parkinson's disease

[www.beinmotion.org](http://www.beinmotion.org)

# InMotion ☺



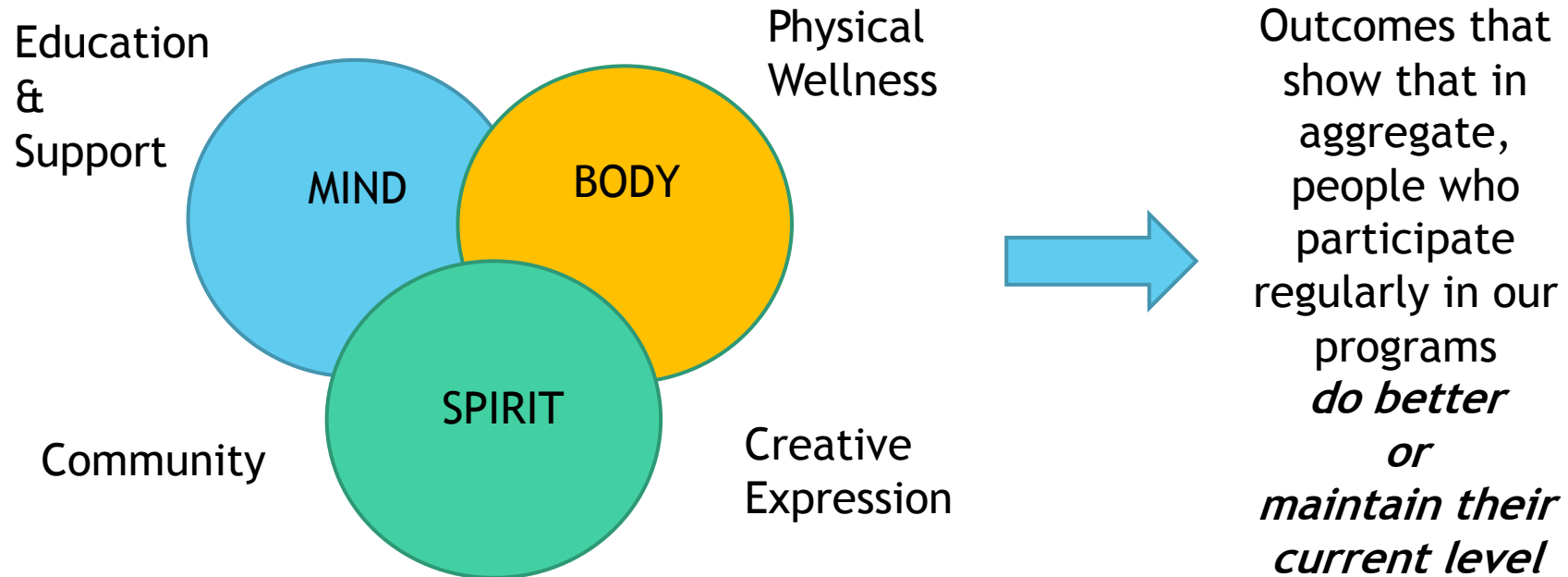
# Who we are

- ▶ Mission: to help people with Parkinson's disease feel better every day
- ▶ Vision: to improve the quality of life of everyone touched by InMotion
- ▶ Values: treat everyone in the InMotion family - clients, carepartners, staff, volunteers - with respect, kindness and sensitivity

# How we do it

- ▶ We are committed to providing evidence- and outcomes-based programs that empower and give hope to our clients.
- ▶ We value and respect the uniqueness of every client's PD evolving and long-term journey.
- ▶ We believe in the value of community as a tool to provide support, education, and friendship to our clients.

# The InMotion Answer....



# What does a Day at InMotion Look Like?

## Physical Wellness

- ▶ Better Every Day
- ▶ Mindful Movement
- ▶ Boxing
- ▶ Spinning for PD
- ▶ Tai Chi

## Creative Expression

- ▶ Drumming
- ▶ Art Workshop
- ▶ Yes I Can Dance
- ▶ Song in My Heart
- ▶ LSVT
- ▶ The Loud Crowd



# What does a Day at InMotion Look Like?

## Support and Education

- ▶ Ask the Doctor Series
- ▶ Living With Parkinson's disease series
- ▶ Support Groups
- ▶ Parkinson's 101: Taking Charge

**We are a one-of-a-kind wellness center  
for people with Parkinson's disease.**

**There is nothing like InMotion  
anywhere else in the United States.**

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes are primarily located on the right side of the image, creating a modern, dynamic feel.

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