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www.ColoradoSAT.org

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MEDIA ADVISORY

Colorado Society for the Alexander Technique presents affordable classes for Parkinson's patients and caregivers

STUDIES SHOW ALEXANDER TECHNIQUE CAN HELP PARKINSON'S

Lone Tree, CO – 8/18/18: Studies have shown Alexander Technique can help mitigate Parkinson's symptoms. Nicole Rafferty a teaching member of The Colorado Society for the Alexander Technique, will present a group class in Lone Tree to distribute more information and give hands-on Alexander Technique work to both patients and care-givers. Providers are also welcome.

- What:** Colorado Society for the Alexander Technique gives group class for Parkinson's patients and caregivers.
When: October 3, 6:30pm-7:30pm
Where: 9360 Teddy Ln. Suite 102, Lone Tree CO 80124
Cost: \$15.00 per participant
Presenter(s): Nicole Rafferty
Colorado Society for the Alexander Technique, M.AmSAT
Reservation: Contact Nicole Rafferty, 720-840-7760, nikki@raffertyhome.com

Teaching members of the Colorado Society for the Alexander Technique are AmSAT certified and fulfill continuing education requirements upheld by the American Society for the Alexander Technique and Alexander Technique Affiliated Societies worldwide.

Colorado Society for the Alexander Technique presents events at conferences, universities, companies, non-profits, and private businesses and groups. To learn more, visit www.ColoradoSAT.org

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