



## Practically Speaking...

Speech Therapy classes in **Ottawa**  
with Lisa Fischer, Speech-Language Pathologist

**\$125 / 8-week program**

This 8-week group therapy program for people living with Parkinson's and other movement disorders focuses on exercises, strategies and group interaction to help you:

- Speak more clearly
- Maintain the volume of your speech
- Make your speech more animated
- Improve your swallowing

Small group classes offered Friday mornings for one hour and with a maximum of 6 participants, will focus on individual needs.

**An assessment is required**, and is included in the program fee. Assessments will be held at the Parkinson Society Ottawa office on **January 8<sup>th</sup> and 15<sup>th</sup> 2010**. Please contact Parkinson Society Ottawa to book an appointment.

**Classes will be held from:**

**January 15, 2010 – March 12, 2010**

Fridays: 10:00-11:00 pm or 11:00 – 12:00 pm

Parkinson Society Ottawa resource room  
381 Kent St., Suite 300, Ottawa, ON K2P 2A8