

Tremble Clefs

Tremble Clefs launches a new online music therapy program for individuals living with Parkinson's disease. This program provides evidence-based interventions designed to address the complex needs associated with Parkinson's, including **voice and speech difficulties, mood, and social connection**, with the goal of improving overall quality of life.

The program includes guided **breathing techniques, vocal exercises, therapeutic singing, and movement-based exercises** in a supportive and engaging group environment. No musical background is necessary.

Interested? Contact us below.

- **Contact Information: Sun Joo Lee Ph. D, MT-BC**
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- **The group meets weekly on Mondays over Zoom**

Visit Our Website!



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