



- [Home](#)
- [SF STAT!](#)
- [Current Articles](#)
- [CURRENT ISSUE](#)
- [Online Newspapers](#)
- [WEEKLY NEWSLETTERS](#)
- [Media Kit](#)
- [Calendar](#)
- [Business Directory](#)
- [Video Interviews](#)
- [Contact](#)

Select Page

THE MIND, MUSIC AND MOVEMENT FOUNDATION EXPANDS TO FLORIDA ATLANTIC UNIVERSITY

*Nonprofit is now offering programs in Jupiter for individuals
living with neurodegenerative diseases*

June 5, 2023 – The Mind, Music and Movement Foundation for Neurological Disorders (M3F) recently expanded its operations from its original location in Palm Beach Gardens to include additional programming at the esteemed Jupiter campus of Florida Atlantic University. Taking place at the state-of-the-art Stiles-Nicholson Brain Institute, a diverse range of classes and programs are hosted by M3F credentialed health and

fitness, voice, music and dance professionals

M3F is a 501(c)(3) non-profit organization that supports comprehensive integrative programming that addresses movement, mobility, balance, speech, nutrition and mental well-being for people and their families living with a neurodegenerative disease. The foundation's main objective is to instill hope, confidence, strength, wellness, friendship and commitment in class participants and their families. M3F programming is available in person and virtually.

"Forging a partnership with FAU and establishing an additional programming site for M3F is truly a dream come true," said Beth Elgort, Founder and CEO of M3F. "We are thrilled to broaden our reach and expand our class offerings to more individuals living with neurodegenerative diseases. Our M3F students tell us they love the sense of community our classes provide, along with improved wellness and vitality."

In the newly established Jupiter location, M3F now offers classes on Thursdays and Saturdays. Programs at this venue include Movement and Balance, HEART Gentle Mat Yoga, Chair Zumba, Mat Yoga and Stretch, Dance for Fluidity and Voices of Parkinson's Chorus. The chorus is not only for people with Parkinson's, but also other neurodegenerative diseases or simply for people who enjoy singing. M3F is excited to be collaborating with Giving Voice, a Minnesota based nonprofit that is leading a movement to create choruses for people with Alzheimer's and other forms of dementia, to form a choral community of joy in the Jupiter area.

Classes also continue at the Tropical Sands Christian Church in Palm Beach Gardens on Mondays and Wednesdays. Those classes include Mat Yoga and Stretch, Box and Cross Train, Virtual Boxing for Parkinson's, Move and Groove, Dance for Fluidity and support groups.

For class pricing and other information or to register for

Mind, Music and Movement Foundation for Neurological Disorders' ongoing programming, please visit www.m3f.org, call (561) 510-8611 or email info@m3f.org.

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- [Home](#)
- [About](#)
- [CURRENT ISSUE](#)
- [Media Kit](#)
- [Video News](#)
- [Datebook](#)
- [Calendar](#)
- [Business Directory](#)
- [Webinars](#)
- [Contact](#)

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