

We're here to help you learn the skills you need to live your life to the fullest.

**Find your strength.**



## Parkinson's Disease Wellness Program

**FIND YOUR STRENGTH THROUGH EXERCISE AND EDUCATION**

**The Parkinson's Disease Wellness Program** offers a combination of Parkinson's-specific exercises and education to promote a better quality of life. Group sessions will be guided by licensed physical therapists with extensive training in neurorehabilitation. Participants will learn skills to improve strength, balance, mobility, and posture.

Spaulding Rehabilitation Network also provides one-on-one intervention for those individuals for whom the group program may not be appropriate.

**INSTRUCTORS:** Jamie Zschau, PT, MSPT and Kathleen Buzzeo, PT, DPT

### 90 MINUTE SESSIONS INCLUDE:

- Stretching and strengthening
- Functional mobility activities
- Balance and walking
- Group discussion about wellness strategies
- Instruction on how to continue the program at home

### PARTICIPANTS MUST BE ABLE TO:

- Follow directions and maintain attention for 90 minutes
- Walk 100 feet with or without assistance
- Family members are encouraged to observe the class.

*Next session begins 1/6/20!*

### WHEN

**Mondays & Fridays  
1:00 – 2:30 pm**

### WHERE

**Emilson YMCA  
75 Mill Street  
Hanover**

### TO REGISTER

Please call the Welcome Desk  
(781) 829-8585  
or email Emily Hubert  
[ehubert@ssymca.org](mailto:ehubert@ssymca.org)



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