



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

apda AMERICAN
PARKINSON DISEASE
ASSOCIATION
MASSACHUSETTS CHAPTER
Strength in optimism. Hope in progress.

Community Wellness Programs for people with **PARKINSON'S DISEASE**

Wednesdays & Fridays

12 - 1:30 pm

Jan. 12 - Feb. 18, 2022

Franklin County's YMCA

Have you had difficulty beginning or sustaining a regular exercise program? Would you like to improve your posture, balance and mobility?

The Boston University Center for Neurorehabilitation has an evidence based group exercise program for people with Parkinson's disease that gives you the tools to get started with exercise and keep going.

Under the guidance of a licensed physical therapist participants will learn:

- An exercise program specifically designed to meet the needs of persons with Parkinson's disease
- Problem-solving approaches that can help you more effectively manage challenges you may experience related to daily mobility
- Strategies to help manage your health more effectively to optimize day-to-day function and quality of life



\$239 for Y Members
\$249 for Non Members

Scholarship is available
on an individual basis.

Evaluation sessions will be scheduled before and after the program. Measurements will be taken at these times to help show your progress from the start to the end of the program.

Please contact Debra R. Ellis, MS PT, NCS at 413-695-6069 or deb@debellispt.com if you are interested in participating. For more information about this program please go to www.debellisphysicaltherapy.com

This program is supported in part by the American Parkinson Disease Association Massachusetts Chapter

FRANKLIN COUNTY'S Y | 451 Main Street | Greenfield, MA 01301 | 413 773 3646 | www.your-y.org