**10 Hour CE Course offering for PT/OT/AT/RN**

Evidenced-Based Concepts for Planning and Implementing a Parkinson’s-Specific Community Exercise Class using the Delay the Disease Parkinson’s Fitness Program

DATE: November 17-18, 2017

*Sponsored by APDA of Iowa Chapter and*

*Community Health Partners*

***Location:***

*TownePlace Suites by Marriott*

*8800 Northpark Drive, Johnston, Iowa*

*Call: 1-866-307-1816, ask for “Community Health Partners” block.*

*Special room pricing available for our group until Nov. 1st.*

***Registration:*** *Contact Community Health Partners at 515-512-9225*

*Continuing Education Credit Hours (10) through state boards in Ohio for PT, OT, Athletic Training.*

*Early Bird pricing: $250 before 11/1/17*

*Regular pricing: $295*

*Financial scholarships available through APDA IA chapter on a most need basis. See ladona.molander@my-chp.com.*

This 1.5 day course will educate and provide formal certification as a Delay the Disease group fitness instructor.

OhioHealth Delay the Disease™ offers this certification seminar that is interactive and fun. This course will provide evidenced-based updates on the effects of exercise on the symptomatic management of Parkinson’s Disease (PD). Each participant will be able to in­tegrate this knowledge along with teaching techniques to create and lead a comprehensive community-based PD-specific exercise program based on the Delay the Disease fitness agenda. The participants will select appropriate assessment tools and outcome measures for the evaluation of people living with PD. These methods will be used to design a fitness agenda to treat a specific symptom related to PD. Ultimately, each participant will acquire knowledge to successfully create and implement an interdisciplinary exercise and wellness program for people with PD. Target audience: PT, OT, Athletic trainers, Group Fitness instructors, Exercise physiologists.

Speakers:

**Jackie Russell, RN BSN CNOR** / Program Development Coordinator, OhioHealth Delay the Disease™

**Leslie Wolf, PT, DPT, NCS**/ Board Certified Neurologic PT, OhioHealth Outpatient Neurologic Rehabilitation

**David Zid, BA, ACE, APG** / Director, Movement Disorder and Musculoskeletal Wellness

OhioHealth Delay the Disease™

**Delay the DiseaseTM is an evidenced-based fitness program for people living   
with Parkinson’s disease. The program is designed to empower participants   
by optimizing their physical function and helping to delay the progression of symptoms.**