

A Community Based Wellness Program for People with Parkinson's Disease

*For information on the following program,
Contact Beth Ann Sperr at 978-867-4095.*

New Session Starting March 18th, 2019!

Gordon College Center for Balance and Mobility is now in its 9th year, partnering with Sargent College of Health & Rehabilitation Sciences to offer a Community Wellness Program for people with Parkinson's disease. Expanding our continuum of care within the community supports our commitment to excellence and optimal patient outcomes.

What kind of a program is this and how can it help you?

The Community Wellness Program is one that is designed to help individuals with Parkinson's disease, living in the community, learn to manage their health more effectively in order to improve day-to-day function and quality of life.

Over the last decade there has been a tremendous increase in the number of studies demonstrating the benefits of exercise for people with Parkinson's disease, especially the importance of long term exercise to reduce disability. Exercise studies consistently reveal that people with Parkinson's disease can improve walking, strength, fitness and quality of life.

Each session will run from 11:00 – 12:30 pm on Mondays and Fridays March 18 – May 3, 2019 (no class April 19th and 22th).

Sessions are led by a licensed physical therapist and will consist of group exercises to improve endurance, strength, mobility and balance. Topics to be covered include:

Exercise: Starting early and sticking with it!
Overcoming Barriers to Exercise
Guidelines for Exercise
Improving Flexibility, Strength and Balance
Establishing a Cardiovascular Exercise Routine

The next session will begin March 18th and be held on Mondays and Fridays from 11:00 – 12:30 pm. There is a pre-screening appointment required before the class begins. The cost to participate in this six-week program is \$249.00 (this includes pre/post-screenings). Scholarships are available on a limited basis from the Massachusetts Chapter of the American Parkinson Disease Association.

If you are interested in participating, please contact Beth Ann at 978-867-4095 by March 4th