



Community Wellness Programs for People with **Parkinson's Disease**

Have you had difficulty beginning or sustaining a regular exercise program? 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. These groups have been helping people in Western Massachusetts since 2009.

A new group will be starting at the JCC in Springfield October 25, 2017.

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 in order to optimize day-to-day function and quality of life

Course Information:

- **Jewish Community Center - 1160 Dickinson Street, Springfield MA 01108**
- **Wednesdays and Fridays 1:00-2:30 PM**
- **Wednesday October 25th through Friday December 15th**
- **No class Friday Nov 10 and Thanksgiving week**
- 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.
- **Cost of the course is \$249** paid in advance (Less than \$20/session).
- For JCC members, the cost will be discounted to \$239
- There is some scholarship money available to those in need.

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



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Massachusetts Chapter*