



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

Find your strength.



SPAULDING
OUTPATIENT CENTER
FRAMINGHAM

Parkinson's Disease Wellness Program

FIND YOUR STRENGTH THROUGH EXERCISE

The Parkinson's Disease Wellness Program offers Parkinson's-specific exercises to promote a better quality of life. This program has been recently updated and now focuses on moderate intensity exercises to improve cardiovascular endurance, strength, flexibility and balance.

Group sessions will be guided by licensed physical therapists with extensive training in neurorehabilitation.

90 MINUTE SESSIONS INCLUDE:

- Cardiovascular Exercise
- Resistance Exercise
- Flexibility Exercise
- Balance and Walking
- Instruction on how to continue the program at home

PARTICIPANTS MUST BE ABLE TO:

- Walk 100 feet without a device or assistance from another person
- Able to participate in an exercise program for up to **60 minutes** with built in rest periods

The Parkinson's Disease Wellness Program at Spaulding Outpatient Center Framingham is offered in collaboration with the Center for Neurorehabilitation at Boston University's Sargent College of Health and Rehabilitation Sciences.

Spaulding Outpatient Center Framingham also provides one-on-one intervention for those individuals who require a more customized program.

WHEN

**6 Week Session:
Tuesdays & Thursdays
April 16 - May 23, 2019
6:00 pm - 7:30 pm**

WHERE

**Spaulding Outpatient
Center Framingham
570 Worcester Road
Framingham, MA**

COST

\$199.00

*This is a self-paid program
Limited scholarships available*

TO REGISTER

**Please call Maria Cole at
508.532.4268 or email
mcole1@partners.org**

Space is limited.



www.spauldingrehab.org