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
• Neuromotor Exercise
• Instruction on how to continue the program at home

PARTICIPANTS MUST BE ABLE TO:
• Walk for 10 minutes without assistance or a device
• 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.