

Parkinson's WELLNESS PROGRAM



ANNOUNCING THE NEW PARKINSON'S WELLNESS PROGRAM

We are excited to announce our new Parkinson's Wellness Program, which was created by Boston University's Neurorehabilitation Department and has been supported by the American Parkinson Disease Association of Massachusetts.

WHITTIER
Rehabilitation  Hospital

A MEMBER OF THE WHITTIER HEALTH NETWORK:
DEDICATED TO YOUR WELL-BEING

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PROGRAM MISSION

Whittier's mission is to promote:

- An exercise program specifically designed for people with Parkinson's Disease.
- A problem-solving approach that helps the individual to deal with mobility, self-care and communication challenges in daily activities
 - Strategies for managing health more effectively to optimize day-to-day functioning and quality of life

Whittier's goal is to target strength and balance impairments with the intention of improving overall functional mobility and quality of life.

ENROLLMENT DETAILS

The patients must be higher level, preferably not yet using an assisted device and currently not experiencing freezing of gait episodes.

Patients must be able to participate in two 1.5 hour sessions held on Tuesday and Thursday afternoons for 7 consecutive weeks.

The cost for the 14 session program is \$250.00 and will be run by a licensed Physical Therapist.

Sessions may also have consultations with Occupational Therapy, Speech Therapy and Nutrition.

REFERRALS

Referrals can be made by calling our Outpatient Department at (978) 469-1425