



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

Find your strength.



Parkinson's Disease Wellness Groups

Join us at Spaulding Outpatient Center Medford for speech and/or exercise groups specifically designed for people with PD. Sign up for one or both groups, which run once per week for an 8 week session.

Speech Group (2:30-3:20 PM)

The speech group will provide patients with the opportunity to practice utilizing speech intelligibility strategies to increase their ability to communicate effectively within the setting of fun group activities. Sessions run for 50 minutes, and will begin with speech exercises and warm-ups, and then will be followed by guided conversations and language based games. Group therapy sessions will use principals from LSVT LOUD, and will be facilitated by a LSVT LOUD certified speech language pathologist. Sessions will seek to improve respiratory, laryngeal and articulatory function to maximize speech intelligibility.

For more information or questions please contact Katie: ktrescott@partners.org, 857.238.4921

Exercise Group (3:30-4:30 PM)

Exercise has been shown to improve balance, strength, functional ability, and symptom severity in people with Parkinson's Disease. Join a group of peers and trained volunteers to improve your balance, strength, flexibility, and aerobic fitness in a supportive and fun setting. Kick start your exercise goals, get tips on form, and get ideas to add variety to your routine. Classes run for 1 hour and are physically intensive, so we ask that participants wear sneakers and clothing that is easy to move in. Supervision is provided at a 2-to-1 volunteer-to-participant ratio, so we ask that participants are able to walk and participate in standing balance and strength training without physical assistance.

For more information or questions please contact Sara: scrandall@partners.org

WHEN

10 Week Sessions

Wednesdays, Sept. 6 - Nov. 8

Speech group: 2:30-3:20 pm

Exercise group: 3:30-4:30 pm

LOCATION

Spaulding Outpatient Center Medford

**101 Main St, Suite 101
Medford, MA 02155**

COST

**\$100 for each 10-week session
(\$10 per class)**

TO REGISTER

Exercise Group

Sara Crandall
857.238.4976

scrandall@partners.org

Speech Group

Katie Frey
857.238.4921

ktrescott@partners.org

Find us



www.spauldingrehab.org