



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

Living with Parkinson's Disease

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
- Go from sitting or lying on the floor to standing without assistance
- Be able to participate in a exercise program for up to 90 minutes

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.

WELLNESS PROGRAM

WHEN

6 Week Session
Mondays & Wednesdays
October 9 – November 15
6:00 - 7:30 p.m.

WHERE

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

COST

\$199.00
Limited Scholarships Available

TO REGISTER

Please call Maria Cole at
508.532.4268 or email
MCole1@partners.org

Space is limited.

Find us



www.spauldingrehab.org