

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 Program

FIND YOUR STRENGTH THROUGH EXERCISE AND EDUCATION

The Parkinson's Disease Wellness Program offers a combination of Parkinson's-specific exercises and education to promote a better quality of life. Group sessions will be guided by licensed physical therapists with extensive training in neurorehabilitation.

Participants will learn skills to improve strength, balance, mobility, and posture. The six-week program, developed by Boston University rehabilitation professionals, provides exercises and strategies to improve abilities that impact daily life, such as dressing and walking.

Spaulding Rehabilitation Network also provides one-on-one intervention for those individuals for whom the group program may not be appropriate.

### 90 MINUTE SESSIONS INCLUDE:

- Stretching and strengthening
- Functional mobility activities
- Balance and walking
- Group discussion about wellness strategies
- Instruction on how to continue the program at home

### PARTICIPANTS MUST BE ABLE TO:

- Follow directions and maintain attention for 90 minutes
- Walk 100 feet with or without assistance

Family members are encouraged to observe the class.

*Next Session begins  
July 9!*

### WHEN

**Mondays and Fridays**

**10:30am - 12:00pm**

### WHERE

**St. Paul's Church of the  
Nazarene**

**136 Summer Street, Duxbury**

### TO REGISTER

*This is a self-pay program. A  
screening is required before  
participation.*

**508.927.7424**

*Space is limited.*

*The Parkinson's Disease Wellness Program offered by Spaulding Rehabilitation Network is created in collaboration with the Center for Neurorehabilitation at Boston University's Sargent College of Health and Rehabilitation Sciences. Visit us at: [www.spauldingrehab.org](http://www.spauldingrehab.org).*

*This collaborative effort is supported in part by the Massachusetts Chapter of the American Parkinson Disease Association. Visit us at: [www.apdama.org](http://www.apdama.org).*



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