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.

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

INSTRUCTORS: Jamie Zschau, PT, MSPT and Kathleen Buzzeo, PT, DPT

Next session begins 1/6/20!

WHEN
Mondays & Fridays
1:00 – 2:30 pm

WHERE
Emilson YMCA
75 Mill Street
Hanover

TO REGISTER
Please call the Welcome Desk
(781) 829-8585
or email Emily Hubert
ehubert@ssymca.org

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.

Find us
www.spauldingrehab.org