



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

Find your strength.



**SPAULDING**  
OUTPATIENT CENTER  
MEDFORD

## 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 a 10-week session.

### Speech Group

Our 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 evidence-based strategies to increase voice loudness and quality.

Sessions will seek to improve respiratory, laryngeal and articulatory function to maximize speech intelligibility.

**For more information or questions please contact**

**Mary Corrado, MS, CCC-SLP: [mcorrado2@partners.org](mailto:mcorrado2@partners.org), 857 238 4921**

### PD Warriors Exercise Group

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. 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 Crandall, PT, DPT: [scrandall@partners.org](mailto:scrandall@partners.org), 857 238 4976**

### WHEN

**10 Week Sessions**  
**Wednesdays**

**March 20- May 22**

*Speech: 2:30-3:20pm*

*Exercise (2 classes):*

*3:30-4:30pm, 4:30-5:30pm*

### LOCATION

**Spaulding Outpatient  
Center Medford**

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

### COST

**\$10 per class**  
**(\$100 for 10 weeks)**

### CONTACT

*Speech Group*

Mary Corrado

857 238 491

[mcorrado2@partners.org](mailto:mcorrado2@partners.org)

*Exercise (PD Warriors)*

Sara Crandall

857 239 4976

[scrandall@partners.org](mailto:scrandall@partners.org)