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, 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, 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

Exercise (PD Warriors)
Sara Crandall
857 239 4976
scrandall@partners.org