



Community Wellness Programs for People with Parkinson's Disease

Have you had difficulty beginning or sustaining a regular exercise program? Would you like to improve your posture, balance and mobility? The Boston University Center for Neurorehabilitation has an evidence-based group exercise program for people with Parkinson's disease that gives you the tools to get started with exercise and keep going. These groups have been helping people in Western Mass. since 2009.

A new 6 week program will begin in Northampton on April 13, 2022

A licensed neurologic physical therapist will help participants learn:

- Mastery of an exercise program and progression specifically designed to meet the needs of persons with PD and strategies to integrate regular daily exercise
- This will include strengthening, stretching, aerobic conditioning, balance and agility training.
- Problem-solving approaches and strategies that can help you more effectively manage current and future challenges related to daily mobility and quality of life

Course Information: Hampshire Regional YMCA

Wednesday and Friday-1:30-3:00pm

April 13rd to June 1, 2022 (no class Fridays 5/13 or 5/20)

286 Prospect St Northampton, MA 01060

Cost of the 6-week course is \$249 paid in advance
(\$239 for HRYMCA members- less than \$20/session).

There is scholarship money available to those in need. Scholarship grants will be considered on an individual basis.

Please contact Debra R. Ellis, MS PT, NCS at 413-695-6069 or deb@debellispt.com if you are interested in participating.

For more information go to www.debellisphysicaltherapy.com



MASSACHUSETTS CHAPTER

Strength in optimism. Hope in progress.

*This program is supported in part by the American Parkinson Disease Association
Massachusetts Chapter*