



Community Wellness Program for People with **Parkinson's Disease**

Have you had difficulty beginning or sustaining a regular exercise program? 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 Massachusetts since 2009.

A new group will be starting at the JCC in Springfield October 23, 2019

Under the guidance of a licensed physical therapist participants will learn:

- An exercise and balance program specifically designed to meet the needs of persons with Parkinson's disease. This program will also integrate Tai Chi instruction for Parkinson's
- Education regarding various evidence based exercise ideas to include in your weekly schedule
- Problem-solving approaches and strategies that can help you more effectively manage challenges you may experience related to daily mobility to enhance quality of life

Course Information:

- **Jewish Community Center - 1160 Dickinson Street, Springfield MA 01108**
- **Wednesdays and Fridays 1:00-2:30 PM**
- **Wednesday October 23rd through Wednesday December 18th (discharge evaluation day)**
- **No class Thanksgiving week -Nov 25th and 28th**
- Evaluation sessions will be scheduled before and after the program. Measurements will be taken at these times to help show your progress from the start to the end of the program.
- **Cost of the course is \$249** paid in advance (Less than \$20/session).
- For JCC members, the cost will be discounted to \$239
- There is some scholarship money available to those in need.

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 about this program please go to www.debellisphysicaltherapy.com



MASSACHUSETTS CHAPTER

Strength in optimism. Hope in progress.

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Massachusetts Chapter*