



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**apda** AMERICAN  
PARKINSON DISEASE  
ASSOCIATION  
MASSACHUSETTS CHAPTER  
Strength in optimism. Hope in progress.

# Community Exercise & Wellness Programs for people with PARKINSON'S DISEASE

Wednesdays & Fridays  
12 - 1:30 pm  
November 2 - December 16, 2022  
Greater Holyoke YMCA

**Have you had difficulty beginning or sustaining a regular exercise program? Would you like to improve your posture, balance and mobility?**

The Greater Holyoke YMCA and the American Parkinson's Disease Association, Massachusetts Chapter are teaming up to offer a bilingual (Spanish/English) 6-week exercise and information program for people living with Parkinson's Disease. Our hope is to continue to expand services to reach underserved, and underrepresented people with Parkinson's Disease.

This exercise program is supported by research and has been shown to improve functional mobility, decrease Parkinson's symptoms, and slow the disease progression.

**Participants will;**

- Enjoy a community of people with Parkinsons
- Learn and master an exercise program specific to Parkinsons
- Improve walking speed and confidence
- Improve balance and posture
- Learn Problem-solving approaches and strategies that can help you move more easily

**To Qualify:**

- Participants must have a diagnosis of Parkinson's Disease.
- Be able to walk independently with or without a device.
- Novice and experienced exercisers are welcome!

**For more Information please contact:**

- Debra R. Ellis, MS PT, NCS at 413-695-6069 or deb@debellspt.com
- Mary Kate Owens at 413-534-5631 x114 mowens@holyokeymca.org



Scholarships are available and will be considered individually

**Instructors**

**Deb Ellis, PT, NCS, Clinical Specialist in Neurologic Physical Therapy**

**Mary Kate Owens, Community Health and Wellness Director**

Fax referrals to 413-536-9622

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