



Community Wellness Programs for People 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 on April 3, 2019

A licensed physical therapist will help participants learn:

- An exercise program and progression specifically designed to meet the needs of persons with PD and strategies to integrate regular exercise into your life
- 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- April 3rd to May 15th 2019

286 Prospect St Northampton, MA 01060

Wednesdays and Fridays - 1:00-2:30 PM

Cost of the 6 week course is \$249 paid in advance (\$239 for HRYMCA members- less than \$20/session). \$175 to re-take the course

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@debellspt.com if you are interested in participating.
For more information go to www.debellsphysicaltherapy.com**



Strength in optimism. Hope in progress.

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