

Remote Exercise for Parkinson's Disease



Staying active during these times has been hard for everyone! I have 30 years of clinical experience supporting people who have PD. I will be offering a small group, structured **remote** exercise program designed to focus on evidence based exercise recommendations for people with PD. While we exercise, we will include discussions and information on mobility challenges, education and strategies for combatting motor and non motor symptoms

This 6 week program will begin on January 13, 2021- it includes:

- An exercise program and progression specifically designed to meet the needs of persons with PD and strategies to integrate regular exercise into your life
- Exercise parameters for stretching, strengthening, balance (including Tai Chi) and aerobic conditioning specific to PD
- 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:

This will take place via ZOOM January 13th -Feb 19th 2021

Wednesdays and Fridays - 11:00am-12:00 pm

Cost of the 6 week course is \$180 for people new to the program (includes and exercise manual) and \$150 for participants repeating the program with me.

(paid in advance -check or credit card)

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



Strength in optimism. Hope in progress.

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Massachusetts Chapter*