# About The Program

CHI St. Joseph's Health is helping those with Parkinson's move better and live better through our new Parkinson's Exercise & Wellness Program. Although there is no cure for Parkinson's disease, it can be managed.

Parkinson's Exercise & Wellness Program is a Parkinson-specific approach that directly targets "4" foundational Movements (PWR!Moves) to slow the progression of Parkinson's disease.

Research-based integrated exercise and wellness programming is necessary to counteract the inactivity, motor deterioration, and symptoms of Parkinson's disease.



## **PWR!Moves Instructors**

Alicia Reardon is a Certified Exercise Physiologist, Certified Cancer Exercise Trainer, and PWR!Moves Certified Instuctor with a degree in Exercise Physiology.



**Deanne Kivi** is a registered licensed Occupational Therapist and PWR!Moves Certified Instructor.





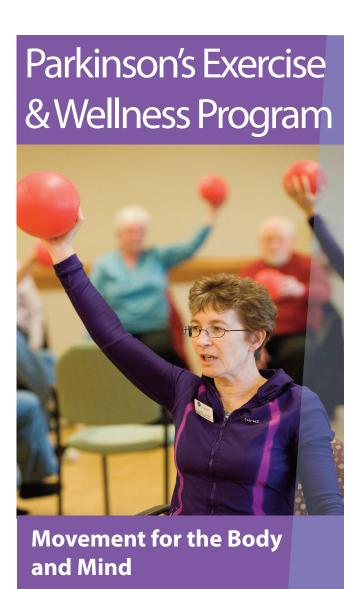
# CHI St. Joseph's Health

# **Physical Rehabilitation** and Fitness Center

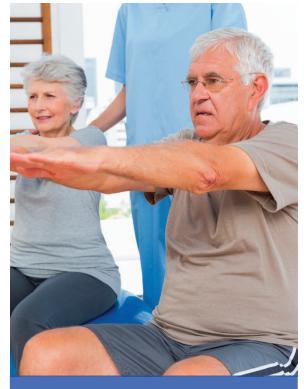
600 Pleasant Avenue
Park Rapids, MN 56470
952.486.2231 218.616.3021
www.CHISJH.org



Physical Rehabilitation and Fitness Center



# PWR! Up • PWR! ROCK • PWR! TWIST • PWR! STEP



Early treatment is a vital component for people with Parkinson's Disease to slow the progression and to maintain balance, mobility and the ability to perform activities to get better and stay better.

# **How You Practice Matters**

How you practice is essential to your ability to **Get Better** and **Stay Better**. It is about improving the quality of your practice, being engaged, and being challenged physically and cognitively to **Do More**.

## Health Benefits

- Improve walking ability & balance
- Improve sensorimotor, cognitive, mobility, balance, flexibility, and overall functional abilities.
- Learn to speak more loudly and become more body-aware
- Optimize brain health and protection

#### **WHO**

PWR!Moves Certified Intructors - Therapists and fitness professionals who specialize in the instruction of larger/faster functional movements in group classes.

#### **WHAT**

Initial intake interviews with Certified PRW!Moves Instructors to review your medical history and body composition. Schedule your individual intake interview prior to starting the program.

#### **WHERE**

Parkinson's Exercise & Wellness Program classes are held at CHI St. Joseph's Health Lower Level Conference Room A.

#### **WHEN**

1 hour sessions twice weekly. Mondays and Wednesdays from 8:30- 9:30am.

### **COST**

• Initial intake interview: \$45.00

• Monthy Fee: \$60.00

**Contact Alicia and Deanne for more information** 

952.486.2231 218.616.3021