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 Instructor with a degree in Exercise Physiology.

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

PWR!Moves® CERTIFIED INSTRUCTOR

CHI St. Joseph's Health

Physical Rehabilitation and Fitness Center

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PWR 8.21.19

CHI St. Joseph's Health

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Parkinson's Exercise & Wellness Program

Movement for the Body and Mind

Basic4 PWR! Moves

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 Matter

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 9:00- 10:00am.

COST

- Initial intake interview: $45.00
- $7/class with punch card options available

Contact Alicia and Deanne for more information

218.616.3008
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