



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.

**PWR!Moves and Rock Steady
Boxing Instructors**



Kyle Yoder is a Physical Therapist and Rock Steady Boxing Certified Coach.



Kelly Yoder is a Physical Therapist Assistant, PWR!Moves Certified Instructor and Rock Steady Boxing Certified Coach.



Michele Knoblich is a Occupational Therapist and PWR!Moves Certified Instructor.

 **CHI St. Joseph's Health**
A member of CommonSpirit

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Physical Rehabilitation

Fight back against Parkinson's.

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Program Overview

CHI St. Joseph's offers two group classes designed to enhance the well-being of community members diagnosed with Parkinson's Disease. Our nationally recognized classes incorporate the latest Parkinson's treatment research. While there is no cure for Parkinson's, a focused exercise regimen can slow its progression and help maintain functional independence. Our therapists have specialized training to lead these classes.

PWR!Moves

PWR!Moves is a unique exercise program specifically designed for individuals living with Parkinson's disease. This innovative approach focuses on improving the functional abilities and quality of life for those affected by the condition. By targeting specific symptoms such as rigidity, bradykinesia (slowness of movement), and balance issues, PWR!Moves aims to empower participants to move with greater ease and confidence in their daily activities. The program incorporates large, exaggerated movements, cognitive challenges, and exercises that mimic everyday tasks, all delivered in a supportive and engaging environment.

Rock Steady Boxing

This program uses non-contact boxing techniques to “fight back” against Parkinson's. Rock Steady Boxing is not just boxing, it is specifically designed to address Parkinson's symptoms such as slow or small movements, imbalance, stiffness, flexed posture, and respiratory weakness. Our scientifically based curriculum can be adapted to any level of Parkinson's. There are over 800 Rock Steady affiliates across all 50 states and 14 countries. Join the fight! Find out more at rocksteadyboxing.org

Key Non-Exercise Benefits of Group Classes

- **Education:** Gaining a comprehensive understanding of Parkinson's disease empowers individuals and their families to navigate challenges and make informed decisions.
- **External Resources:** Connecting with specialists and organizations provides crucial support and eases practical burdens associated with the condition.
- **Support Group:** Our Parkinson's classes offer a vital platform for sharing experiences, reducing feelings of isolation, and gaining valuable emotional and practical advice.
- **Therapies for Communication & Cognition:**
 - **Speech Therapy:** Addresses challenges like hypophonia (reduced voice volume) and dysarthria (difficulty with speech articulation).
 - **Cognitive Strategies:** Includes rehabilitation and memory aids to manage cognitive challenges effectively.

Integrating these essential non-exercise aspects can lead to a more fulfilling and supported experience for those living with Parkinson's.

Who is eligible?

Anyone with a diagnosis of Parkinson's Disease (primary, atypical, or secondary).

Observe a Class

We understand joining a class, especially a boxing class, can be daunting. Please come and meet the other participants, ask questions, and gather information in order to see if our program is right for you!



Where

Parkinson's Exercise & Wellness Program classes are held at CHI St. Joseph's Health Physical Rehabilitation and Fitness Center in the lower level of the hospital.

When

1 hour sessions twice weekly.

- **PWR Moves:**
Mondays 11:50am-1:00pm
- **Rock Steady Boxing:**
Wednesdays 11:50am-1:00pm

Cost

\$7/class (punch card options available)

For more information about our Parkinson's Exercise & Wellness Program, please call Kelly at 218-616-3015, Kyle at 218-616-3008 or Michele at 218-616-3017.