



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

METROWEST YMCA Parkinson's Wellness Program

The PD Wellness Program is specifically designed to help individuals with Parkinson's disease, MS or any other neuromuscular condition to maintain and improve quality of life.

Mondays 11-11:45am: class has various exercises to help improve balance, mobility, strength, endurance, cognition, and flexibility.

Wednesday 11-11:45am: Parkinson's Wellness Recovery (PWR!) class has 4 basic moves designed to target a skill known to deteriorate in people with Parkinson disease, which often lead to loss of mobility and function.

Friday 11-12pm & Sunday 12-1pm Pedal for Parkinson's: Research conducted at the Cleveland Clinic showed a 35 percent reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace, optimally 80-90 revolutions per minute. Fast pedaling is not a cure for Parkinson's disease, but there is compelling evidence to show that it does make a real difference in many who try it. Doctor's Clearance required to attend.

Thursday 11:45-12:30pm virtual Via Zoom: class various exercises to help improve balance, mobility, strength, endurance, cognition, flexibility and include some yoga poses.

All exercises are modified to accommodate each individual's needs and ability.

For more information contact Laura Gilbert, lgilbert@metrowestymca.org 508-879-4420 Ext 232

METROWEST YMCA

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