



MANAGING PARKINSON'S DISEASE

Advanced Physical Therapy & Sports Medicine and Total Fitness are excited to offer a Parkinson's Disease Group Exercise Class. This class is an independent or caregiver assist class, and it allows individuals the ability to develop long-term exercise habits to help fight Parkinson's Disease. It is led by a Physical Therapist Assistant and is a great alternative to continued provisions of Physical Therapy services. Exercises included in this program are designed to combat deficits in balance, coordination, freezing, mobility and rigidity. The class aims to give participants a sense of empowerment over their lives, restore function, improve symptoms and increase quality of life through exercise.

Where:

Total Fitness. 116 N Main Street. Shawano, WI

When:

This is a year-round program.

Time:

Tuesday & Thursday 1 PM – 2 PM

Cost:

\$5 per class or \$65 For a 15-Session Punch Card

New Participants are recommended to having a Wellness screen completed by
Jean Darling, PT, DPT, LAT

IF you have questions or are interested in signing up, please contact Lauren Moeller, PTA and Coordinator of Parkinson's programming. Lauren@advancedptsm.com or (715) 526 – 2899.

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WHEN

**Tuesdays & Thursdays
1:00-2:00 PM**

WHERE:

TOTAL FITNESS



Advanced
Physical Therapy
& Sports Medicine

COST

**\$5/ Class or
\$65 for 15 Session
Punch-Card.**

CONTACT

Class Led by:

**Physical Therapist
Assistant,**

Lauren@advancedptsm.com

(715) 526-2899

**Exercise is a key
Component to Managing
Parkinson's:**

- **Restore Function**
- **Improve Quality of Life**
- **Increase Mobility**
- **Decrease Rigidity**
- **Decrease Freezing**

Shawanototalfitness.com