



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NEW!

# PARKINSON'S WELLNESS RECOVERY EXERCISE CLASS

Parkinson's Wellness Recovery (PWR) is an exercise program for people with a diagnosis of Parkinson's Disease. The class is neuroplasticity-principled and holds promise to slow disease progression, restore motor function, and increase longevity and quality of life. The program allows those who live with Parkinson's to develop individual successes through a lifelong exercise routine. PWR! Moves is based around movement which assists people diagnosed with Parkinson's to regain motor control and become more functional.

The classes are led by Froedtert Rehabilitation Therapy staff, and are designed to improve balance and walking, and to slow the progression of the disease. Caregivers are welcome with paid participant registration.

**PWR PLUS! @ the Y** is for people who can walk without the use of assistive devices, can get out of a chair without the use of their arms in two tries, have had no falls with injury and are able to get on the floor with a chair. This is a higher level PD class for students able to take on more variations and challenges. Participants: Min. 5, Max. 10

**Mondays and/or Wednesdays 2:30pm - 3:30pm**

**Studio: C**

**Fee: 1 day per week: \$32 (8 classes) 2 days per week: \$64 (16 classes)**

For more information about the PWR PLUS! at the Y class, call Tenille at 262.654.9622 ext. 235

PWR Level One @ Froedtert is for people who have trouble with balance and walking in the home. This class is held at Froedtert South. Call Ceilia at 262.656.3314 to register.

\*Please make sure you have the participant waiver and medical clearance forms completed PRIOR to your first class. An initial Rehabilitation screen for safety, physical limitations, and health risks is required to participate in the class. The Rehabilitation screen is FREE and will take 15-minutes. Please call Ceilia at 262.656.3314 to schedule.

## REGISTER TODAY!



Froedtert  
Kenosha Hospital

Froedtert  
Pleasant Prairie Hospital

Physical Therapy Services  
262-577-3778

For more information on this and other Kenosha YMCA Fitness classes contact Tenille at 262.654.9622 ext. 235