

# CMU Physical Therapy Program Presents: **MOVE! for Health**

Have you been diagnosed with **PARKINSON'S DISEASE?** This class is for **YOU!**

## WHY take this class:

- **EVIDENCE!** Research has proven that when implemented correctly, exercise can slow the progression of many Parkinson's related symptoms and greatly improve quality of life.
- Integrates other essential **RESEARCH-BASED EXERCISE** components to optimize brain health and learning, and to better address all the motor, cognitive, and emotional symptoms of Parkinson's Disease.

## WHAT you can expect:



**BOXING!!!** Aerobic, coordination, cognitive challenge

## Dynamic Gait, Balance and Aerobic Conditioning



You will learn the **PWR!\*** Moves for Flexibility, Movement and Posture



Lots of **FUN, SUPPORT, EDUCATION, RESOURCES** and **EMPOWERMENT!!!**

## Drumming: Aerobic, Coordination and Balance



**WHEN:** Tuesdays 2:15-3:15 pm  
Starting March 14, 2017

**WHERE:** Carls Center Room 2138  
Health Professions Building  
Central Michigan University  
Phone: 989-774-3904  
Email: [carlscenter@cmich.edu](mailto:carlscenter@cmich.edu)

**WHO:** Caitlyn Madsen and Rachel Michalski are both second year Student Physical Therapists at Central Michigan University. Each class session will be under the supervision of a Physical Therapy Faculty Member. Caitlyn and Rachel have experience working with patients who have a variety of conditions and implementing aerobic, strengthening, stretching, and general fitness programs. They recently completed a semester focusing on improving function and quality of life for people with neurologic conditions with a large focus on the benefit of exercise. Caitlyn and Rachel are strong believers that they can help participants of this class improve their health and independence.

The class will be assisted by other Student Physical Therapists at Central Michigan University.

If you have any questions regarding this class contact Caitlyn Madsen at

Email: [madse1ca@cmich.edu](mailto:madse1ca@cmich.edu), Phone: (630)-864-7528

Faculty Facilitator: Jamie Haines Email: [haine1jj@cmich.edu](mailto:haine1jj@cmich.edu) phone: (989)-415-0418

**\*PWR! Moves is a Parkinson's Disease-specific skill training program to maintain or restore skills that deteriorate and interfere with everyday movements.**

This CLASS is about empowerment – teaching you what you **CAN** do to use your **FULL** potential and get the most out of life. **PWR!4Life** is also about removing barriers to optimal brain health and repair by addressing the motor AND non-motor symptoms that interfere the most with your ability to participate in exercise and **LIFE**.

**FUN** targeted exercise training that helps prevent the progression of Parkinson's disease **USING:**

- HIGH, SUSTAINED EFFORT
- LARGE AMPLITUDE MOVEMENTS
- FUNCTIONAL MOVEMENTS/POSITIONS
- COGNITIVE CHALLENGE



### **Requirements to Participate:**

- **Have a diagnosis of Parkinson's Disease.**
- **Be able to walk independently 500ft.\***
- **Be able to get on and off the floor with minimal physical assist.\***
- **Have a physician authorization to participate.**
- **Pass a quick screen to confirm that it is safe for you to participate.**

**\*If unable to complete these requirements, please bring someone to assist you in the class, in order to participate safely.**

**Free screening day 1 of class and 2-3 months after to track your progress.**

**MORE ABOUT PWR!** Visit the website for more information on this program.

[www.pwr4life.org](http://www.pwr4life.org) The PWR! Program was created by neuroscientist, Dr. Becky Farley, to directly address the motor and cognitive issues associated with Parkinson's Disease.