

# Fight Back Against Parkinson's!



## Parkinson's Exercise and Recreation Class (PERC): Targeting Mobility Concerns

Trinity Health Hauenstein Neurosciences offers the Parkinson's Exercise and Recreation Class (PERC) which focuses on skills needed for balance and mobility. Operating year-round, the class provides motivation, social support and education to meet challenges caused by Parkinson's disease.

### Community Mobility Class for People with Parkinson's Disease

This class consists of stretching, strengthening and coordination exercises. Activities in sitting and standing are used to improve mobility skills, balance and endurance. Led by physical and occupational therapists specializing in Parkinson's disease treatment strategies, we offer guidance to the participants in how to manage the challenges they are facing.

The principles supporting the Lee Silverman Voice Therapy (LSVT) BIG protocol are emphasized; however, this is not a formal LSVT BIG program. Music may be used to stimulate the group's effort level and pacing. Spouses or caregivers may also participate, with a signed registration form.

Please bring water and wear comfortable, roomy clothing and secure, supportive shoes. Guests and observers are welcome.

Classes are provided by therapists employed by Mary Free Bed Rehabilitation Hospital.

### What is Required Prior to Attendance to Community Classes?

- A registration sheet signed by a physician recommending participation is required.
- Participants must be independent in standing and sitting, or have a caregiver who can assist.
- Classes have open enrollment. You do not have to sign up ahead.

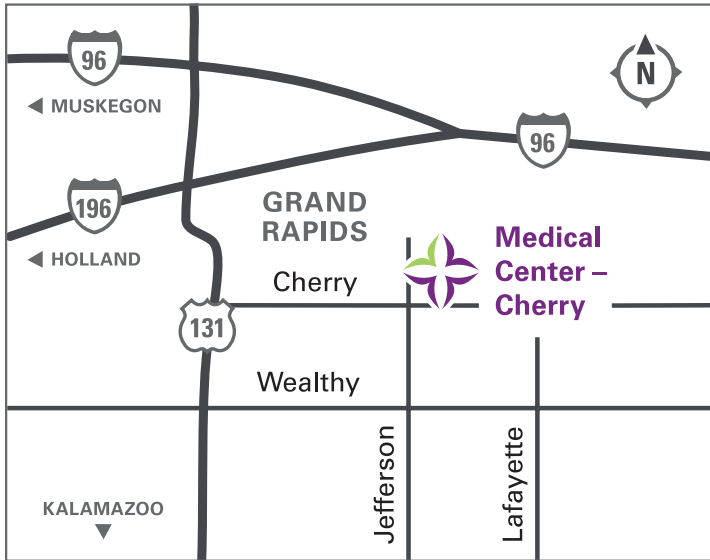
### PARKINSON'S EXERCISE AND RECREATION CLASS (PERC)

**Every Thursday, 1–2 p.m.**  
**Trinity Health Medical Center – Cherry**  
**245 Cherry Street SE**  
**Level 1 Conference Room**

*PERC is a free program. See map on back  
for additional location information.*

**For more information, call 616-685-6749 or fax 616-685-8908.**

# DRIVING DIRECTIONS TO TRINITY HEALTH MEDICAL CENTER - CHERRY



## Parkinson's Exercise and Recreation Class (PERC)

### WHEN:

Every Thursday, 1–2 p.m.

### WHERE:

Trinity Health Medical Center – Cherry  
 245 Cherry Street SE  
 Level 1 Conference Room  
 Grand Rapids, MI 49503

### PARKING:

Free parking is available in the medical center parking lot

### COST:

Free of charge

