

# Parkinson's Disease Group Wellness Program

Classes are designed for those living with Parkinson's Disease to help improve speech and maintain optimal levels of fitness. The exercise class is led by a physical therapist and the speech class is led by a speech language pathologist. Participants must be able to walk independently. If assistance to walk is required, then a caregiver must accompany the participant.

**The cost is \$15 per 2-hour class.**

## Participants have an opportunity to:

- ♦ Build a framework for wellness
- ♦ Develop an individualized home exercise program
- ♦ Facilitate balance, strength, and core stability
- ♦ Improve vocal quality
- ♦ Build breath support for more audible speech
- ♦ Improve gross and fine motor skills to assist with activities of daily living
- ♦ An overview of therapeutic techniques and equipment designed for individuals with Parkinson's disease

## 2016 Schedule

Classes are held on Thursdays  
11 a.m. to 12 p.m. – Speech  
12 p.m. to 1 p.m. – Fitness & Exercise

Session 1: January 7 to February 25  
Session 2: April 7 to May 26  
Session 3: July 7 to August 25  
Session 4: October 6 to November 17

For more information, please contact Rachel Tran, PT, DPT, NCS at the Casa Colina Azusa Center.

**Call 626/334-8735**

This program is also offered at Casa Colina's Pomona Campus. For more information, call 909/596-7733, ext. 3500.



**Azusa Center**

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