

Parkinson's Disease Speech and Exercise Group

**A class-like program for individuals with Parkinson's Disease
to help maintain and improve mobility and speech**

The Parkinson's Disease Speech and Exercise Group is designed to help those living with Parkinson's Disease. Each 2-hour class rotates between physical therapy, speech therapy, and occupational therapy. The program is available to everyone, including caregivers, to provide skills to assist the participant at home and as needed.

The cost for this 8-week series is \$15 per session.

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 and loudness
- ◆ Build breath support for more audible speech
- ◆ Improve gross and fine motor skills to assist with activities of daily living

2012 Schedule

The group meets on Wednesdays
from 3 to 5 p.m.

Session 1: January 4 to February 22

Session 2: March 14 to May 2

Session 3: May 23 to July 18

Session 4: August 8 to September 26

Session 5: October 17 to December 12

For more information, please contact Casa Colina's Outpatient Services Center at
909/596-7733, ext. 3500



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