

# Parkinson's Disease Speech and Exercise Group

This is 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
- ♦ 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

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

Session 1: January 6 to February 24

Session 2: March 16 to May 4

Session 3: May 25 to July 13

Session 4: August 3 to September 21

Session 5: October 12 to December 7\*

*\*There will be no class on Wednesday, Nov. 23 in observance of the Thanksgiving holiday.*

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

