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

2017 Schedule

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

Session 1: January 5 to February 23
Session 2: April 6 to May 25
Session 3: July 6 to August 24
Session 4: October 5 to November 16

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.