

INTEREST FORM:

First Name: _____

Last Name: _____

Date of Birth: _____

Phone Number: _____

Street Address: _____

City: _____

State: _____

Zip Code: _____

Email Address: _____

Year you were diagnosed with PD: _____

I utilize the devices below for mobility
(check any that apply):

- Cane
- Walker
- Wheelchair
- No Device



FOND DU LAC FAMILY YMCA

90 W. Second Street
Fond du Lac, WI 54935
920.921.3330
www.fdyymca.org



PARKINSON'S EXERCISE CLASS

Offered through a partnership
with SSM Health

WHY EXERCISE?

Research shows that exercise **BENEFITS** people with Parkinson's Disease (PD)

The benefits of exercise can help protect certain areas of the brain involved in the disease process.

Your body is changing as it copes with PD and aging:

- Loss of muscle mass and tone
- Loss of bone mass and minerals

Exercise can **HELP** slow down the progression of these effects.

Exercise can also help:

- Improve posture
- Improve strength
- Improve balance
- Improve walking ability
- Prevent falls
- Restore general functional ability
- Improve cardiovascular health
- Improve non-motor symptoms of Parkinson's (i.e. memory, sleep, mental health, attitude)



WHAT SORT OF EXERCISE DO WE DO?

In this class we work on aerobic conditioning on treadmills, bikes, or the NuStep, depending on your ability.

Weight machines are used for upper and lower body strengthening.

Classroom exercises emphasize range of motion, balance, posture, and body education.

WHO CAN ATTEND THIS CLASS? HOW DO I JOIN?

This class is specifically designed for people with PD who are still walking with or without the use of a walker or cane. The goal is to maintain and increase your function.

This class was designed by a physical therapist from SSM Health, and the elements in the class are based on current research in the Parkinson's field.

Class Prerequisites:

PREAPPROVAL:

Class participants must be approved to join the Parkinson's Exercise class, prior to registration. Class size is limited.

To be approved, please contact the lead physical therapist:

Joel Mason, DPT

✉ Joel.Mason@ssmhealth.com

☎ 920.921.3330 ext. 337

PHYSICIAN NOTE:

Class participants are asked to have a physician's note informing program instructors that the member is able to attend an exercise class. This can be provided on the participant's first day of class.



CLASS SCHEDULE & FEES:

For current class schedules, see Parkinson's Exercise Class web page at fdlymca.org.

Participants pay monthly.

Cost: \$40 for Y Member
\$60 for Community Participant

FOR MORE INFORMATION:

Please contact Joel for more information regarding the Parkinson's Exercise Class.

Joel Mason, DPT

✉ Joel.Mason@ssmhealth.com

☎ 920.921.3330 ext. 337