

The Program



FUNCTIONAL AND FUN

The Altru Family YMCA Parkinson Wellness Program is designed to improve the lives of people suffering from Parkinson Disease.

This program focuses on improving physical and brain functionality so that people living with Parkinson Disease can get better and stay better longer. Based on the Parkinson Wellness Recovery (PWR!) and Exercise4BrainChange™ curriculums, we focus on "FUNctional" exercise, sensory awareness, physical effort, attentional focus, cognitive engagement, emotional engagement and more.

PWR! moves are progressive, increasing intensity, effort, speed, accuracy, and resistance for improvement in everyday physical function and activity.



For more information contact:

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PWR! AFFIRMATIONS FOR THE MIND

"He is able who thinks he's able."

"Motivation is what gets you started. Habit is what keeps you going."

"Never, never, never give up."

"It's kind of fun to do the impossible. When choosing between two evils, I always like to try the one I've never tried before."

"And will you succeed? Yes indeed, yes indeed!"



I AM FEELING BETTER EACH AND EVERY DAY!

I AM STRONGER AND HAVE BETTER BALANCE.

I BELIEVE THAT I HAVE PWR! OVER PARKINSON DISEASE.

I BELIEVE EXERCISE MAKES ME FEEL BETTER.

I AM WALKING WITH BIGGER AND BETTER STEPS.

I MAY HAVE PD BUT IT DOESN'T HAVE ME.

I AM PROUD OF ALL MY EFFORT.

WHAT IS PWR!

PWR! is a non-profit organization, founded in 2010 by Dr. Becky G. Farley, to implement cutting edge research on exercise and brain change to real world health care paradigms today for individuals with Parkinson disease. Dr. Farley also developed the LSVT® BIG exercise program to target whole body bradykinesia for people with Parkinson Disease.

FEES
YMCA/Choice Members: \$15/month or \$35/3 months
Non-members: \$25/month or \$60/3 months
Scholarship assistance is available.



Altru Family YMCA
215 N 7th St
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(701) 775-2586
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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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Parkinson Wellness Recovery

Altru Family YMCA
Grand Forks, ND

The Class

CLASS STRUCTURE



Participants spend 30 minutes playing brain games and completing activities that challenge their thinking and stimulate their brain activity to optimize their brain health. Music Therapy is also a part of our curriculum.

Approximately 50-60 minutes of physical activity follow, in a supervised group instructional format, including a variety of basic progressive and functional whole body movement exercises designed to help improve overall physical performance and ability such as walking, getting in and out of a chair or bed, picking things up from the floor, etc. Balance and flexibility exercises can help prevent tripping/falling.

Classes are conducted in a fun, light-hearted manner, accompanied by motivating music and assisted by staff and volunteers. Chairs are utilized to provide stability. Each class ends with a group stretch and an inspirational message.

Other activities and outings include, golf, boxing, dance, hiking, art, picnics, and more.

Information

CLASS SCHEDULE

Mondays & Wednesdays

10:30 - 11:00 am ~ BRAIN POWER

Study & Social

11:00 am - 12:00 pm ~ EXERCISE POWER

11:05 - 11:30

PWR! Chair & Standup Exercises

- Posture & Breathing
- Weight Shift
- Body (Torso) Twist
- Weight Transfer
- Goals & Evaluations

11:30 - 12:00 pm

Physical Activity Options

- Circuit
- PWR! On the Floor
- Dance / Barre
- Fitness Center
- Drums Alive
- Group Cycling
- Boxing / Martial Arts

Fridays

Physical Activity Options

- 8:30 am: Group Cycling
- 9:30 am: SilverSneakers Yoga
- 10:30 am: Drums Alive
- Fitness Center: Cardio, Nautilus, Free Weights

Tuesdays & Thursdays

- 1:30 pm: Water Exercise Class (SilverSneakers Splash)

Schedule is subject to change.

Staff & Support

YMCA STAFF AND VOLUNTEERS

Our team of YMCA and community certified professional staff and volunteers offer expertise in personal fitness training, speech therapy, music therapy, occupational therapy, and group fitness instruction. Roxee Jones, YMCA Certified Personal Fitness Trainer and YMCA Parkinson Wellness Program project coordinator, completed the PWR! MOVES™ and PWR! CIRCUIT Instructor professional training course.

OUR ALTRU PARTNERS

Our collaboration with the professionals at Altru Health System helps ensure that we offer the safest and most effective program possible while we reach out to as many Parkinson patients as we can.

UND DEPARTMENT OF PHYSICAL THERAPY

Students at the UND Department of Physical Therapy in the School of Medicine & Health Sciences are actively engaged with our participants, assisting us with their expertise in physical function while they gain knowledge and practice in a real world setting. The students, under the direction of Dr. Beverly Johnson, completed pre and post assessments showing marked improvements in the functionality and well-being of the program participants.