

April is Parkinson's
Awareness Month



Parkinson's Disease Exercise Opportunities at the Newport County YMCA



PWR!Moves® group classes

Certified PWR!Moves® Therapist Jordan Juzwiak DPT

Class description:

- 10-week program including pre and post fitness testing
- Learn the key fundamental and functional PWR!Moves® to improve everyday activities
- Will be progressively challenged cognitively and physically in a fun and supportive Environment

Contact Jordan at (616)-916-2751 or email drjordan@newportript.com



Parkinson's Informed Instructors!

Kim Ceglarski and Jess Shea (group exercise instructors) have completed the "American Parkinson's Disease Association ***Parkinson's Training for Fitness, Health and Wellness Professionals***"!

- People with Parkinson's Disease can take their classes with confidence that the instructors are informed about Parkinson's symptoms and their exercise needs.



Pedaling for Parkinson's™

Stay tuned for this newly updated program to begin at the YMCA in April, 2024!

The Pedaling for Parkinson's program is based on research indicating that forced exercise on a bicycle can reduce symptoms of Parkinson's.

For more information call the YMCA or visit their website: (401) 847- 9200

<https://newportymca.org/>