

PARKINSON'S MOVEMENT

A free community talk for people with Parkinson disease (PD), their care partners, medical, healthcare, and fitness professionals, and other members of the PD community. All are welcome!

Exercise **4** BrainChange® Essentials: Why and how to optimize your exercise



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PWR!® faculty will present information on:

- how to optimize brain health and learning
- the motor, cognitive, and emotional symptoms of Parkinson disease and how to combat them
- the most recent research-based evidence advocating exercise as a first line of defense against PD

Talk followed by audience Q&A

Date & Time

October 12, 2018

6:00-7:30pm

Location

RWJ Physical Therapy at the RWJ
Rahway Fitness and Wellness
Center
Conference Center
2120 Lambert's Mill Rd
Scotch Plains, NJ 07076

Please RSVP to (732) 499-6193

Hosted by

**Robert Wood Johnson
University Hospital
Rahway**

**RWJ Barnabas
HEALTH**

Presented by

