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!

Exercise4BrainChange® Essentials:
Why and how to optimize your exercise

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

Presented by
PWR!®
Parkinson Wellness Recovery