

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

May 3, 2019
5:30-7:00pm

Location

Institute on Aging
Jo Ellen Ford Auditorium
629 Jack Stephens Dr.
Little Rock, AR 72205

Presented by



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