

# 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



© NeuroFit Networks, Inc.

**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

June 28, 2019  
6:00-7:30pm

#### Location

Community Life Church  
1002 Beaverbrook Rd.  
Kanata, ON K2K 1L1

RSVP to Lynn at  
[neurologic@lifemark.ca](mailto:neurologic@lifemark.ca)

Presented by



Hosted by



Sponsored by

