

# PWR!Moves<sup>®</sup> Instructor Training and Certification

## Parkinson Wellness Recovery | PWR!

Parkinson Wellness Recovery | **PWR!**<sup>®</sup> is a 501(c)(3) tax-exempt non-profit organization which aims to develop and implement worldwide access to cutting-edge Parkinson disease-specific neuroplasticity-principled exercise programs that slow disease progression, improve symptoms, restore function, and increase longevity and quality of life. To this end, **PWR!** trains PTs, OTs, and other fitness professionals across the US and the world in our **PWR!Moves** curriculum.

## Getting PWR!Moves Certified

During the **PWR!Moves** Instructor Training and Certification workshop, participants will learn how to use **PWR!Moves** exercises to target PD symptoms that interfere with everyday movement.

Upon completion of the workshop, **PWR!Moves** Certified Instructors will be able to:

- Integrate **PWR!Moves** into their group exercise classes and personal training
- Advertise their services using our **PWR!** Professionals Directory
- Access special content and forums available exclusively to **PWR!Moves** Certified Therapists and Instructors



**October 12-13, 2019**

**PWR!Gym**

140 W. Fort Lowell Rd.  
Tucson, AZ 85705



**Eligible participants:** Certified personal trainers, group fitness instructors, PTs, PTAs, OTs, OTAs

**Approved for 1.5 CECs** by ACE, ACSM, NASM, & AFAA

**Registration fees:** \$550 per person, \$525 for groups of 2 or more

Presented by



For more information, visit us at [pwr4life.org](http://pwr4life.org) or contact us at [workshopsinfo@pwr4life.org](mailto:workshopsinfo@pwr4life.org)