

FREE COMMUNITY TALK

for people with Parkinson disease (PD) and atypical parkinsonisms, 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

November 8, 2019
4:00-5:30 pm

CMPC Davies Campus
Castro and Duboce
North Tower B Level
Conference Room B2/B3
(Next to the cafeteria)

Please RSVP to Jennifer Broder at
broderj@sutterhealth.org or 415-600-5358

Presented by



Hosted by

