

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

April 5, 2019
5:30-7:00pm

Location

Swedish Cherry Hill Medical Center
Swedish Education Conference
Center, (SECC) Room B
500 17th Ave
Seattle, WA 98122

RSVP to Myra Emami at
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