

# 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 26, 2019  
5:30-7:00pm

#### Location

Avera Prairie Center  
1000 E. 23rd St.  
Sioux Falls, SD 57105

RSVP to Julie Benz at [julie.benz@avera.org](mailto:julie.benz@avera.org)

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