

# 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

January 31, 2020  
6:00-7:30 pm

UNC Wilmington  
McNeill Hall, Room 1038

Please RSVP at [CHHSBusinessServices@uncw.edu](mailto:CHHSBusinessServices@uncw.edu)

Presented by



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UNIVERSITY of NORTH CAROLINA WILMINGTON



COLLEGE of HEALTH & HUMAN SERVICES