

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

January 24, 2020
5:00-6:30pm

**UNC Wellness Centers at
Meadowmont**

100 Sprunt St.
Chapel Hill, NC 27517

Please RSVP at the front desk or call (919) 966-5500

Presented by



Hosted by

