

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

February 14, 2020
6:00-7:30 pm

413 Fitness
2013 Wells Branch Pkwy
Suite 305
Austin, TX 78728

Please RSVP to fightback@413.fitness

Presented by



Hosted by

