

# 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 3, 2020  
5:00-6:30pm

**York Jewish Community Center  
Adult Lounge**  
2000 Hollywood Drive  
York, PA 17403

Please RSVP to the JCC Front Desk by calling  
(717) 843-0918

Presented by



Hosted by

