

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 7, 2020
3:30-4:30 pm

Sacramento State
Folsom Hall, Room 1056
7667 Folsom Blvd
Sacramento, CA 95826

Please RSVP to Jennifer Park at jkpark@csus.edu

Presented by



Hosted by

