Dr. Farley is a physical therapist, neuroscientist and Parkinson disease (PD) exercise expert. In 2003, she created the first amplitude-focused physical and occupational therapy approach for individuals with PD called LSVT® BIG. Dr. Farley has now pioneered a more flexible PD-specific exercise approach that incorporates high effort training of larger and faster FUNctional movements called PWR!Moves®. Each of the Basic4 | PWR!Moves® directly targets skills shown by research to become impaired in PD and that interfere with everyday mobility.

**Antigravity extension • PWR!UP**
**Weightshifting • PWR!ROCK**
**Axial mobility • PWR!TWIST**
**Transitions • PWR!STEP**

PWR!Moves® form the foundation for a standalone exercise program. They integrate into other research-based exercise approaches in community (i.e., dance, tai chi, boxing, agility, pole walking) or rehabilitation settings (i.e., task-specific training routines to improve mobility, increase physical capacity, or reduce freezing). This flexible yet repetitious approach allows for the optimal dosage for each individual to implement lifelong exercise programming.

**About Us**
PWR! is a 501(c)(3) non-profit organization based in Tucson, Arizona, providing cutting-edge therapy and wellness programming (i.e. exercise, education & enrichment) for people with Parkinson disease and their partners. Help support our wellness programs by donating today at www.pwr4life.org or by calling 520-591-5346.

**Our Mission**
To develop and implement worldwide access to Parkinson disease-specific, neuromuscularity-principled programming shown by research to reduce symptoms, restore function, improve quality of life, with promise to slow disease progression.

**Contact us today for an appointment!**
Call 520-591-5346 or email info@pwr4life.org

**www.PWR4LIFE.ORG**

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Retreats

Empowerment, Exercise, Education & Enrichment

Experience a fun and engaging learning environment and put into practice the latest research on exercise and wellness specific to Parkinson disease (PD) in a beautiful and relaxed resort setting.

Daily programming for people with PD and their partners include pole walking, small group exercise, educational and enrichment activities.

Leading medical experts and healthcare professionals provide the latest research updates and valuable information covering a wide range of topics.

“A difference in my life isn’t knowing that I have Parkinson’s, but knowing it doesn’t have me! PWR! Retreat has given me the tools and motivations to POWER beyond normal.”

Paulette M. Swanston
Retreat Participant

PWR!Gym

A Model Community Neurofitness Center

A model community wellness center implementing Exercise as Medicine through early intervention and continuous access for life! All PWR!Gym® programming involves progressive aerobics and PWR!Moves® for functional fitness.

Group Exercise Classes
PWR!Gym® staff conduct multi-level group exercise classes six days per week.

Physical Therapy Consultations
Identify and target specific goals, initiate or update a home exercise program, and learn how to challenge yourself physically and cognitively.

3-5 Day Exercise Intensives 2+ hrs/day

SURGE - Kick start or refresh a Parkinson-specific exercise program

ANTI-FREEZE - Task-specific practice to reduce freezing of gait

Workshops

Translating Research into Exercise4BrainChange® Approaches

Exercise4BrainChange® represents Dr. Farley’s translation of essential research principles into a practical framework for how to exercise to optimize brain health (neuroprotection), brain change (neuroplasticity) and function. Our PWR!Therapist and PWR!Instructor workshops train and certify professionals in the Exercise4BrainChange® framework worldwide.

PWR!Therapist Workshops teach Physical and Occupational Therapists to develop and prescribe comprehensive, individualized programming to address multiple symptoms and personalized goals for all levels of disease severity, fitness and co-morbidities. They offer focused education, problem-solving and coaching to empower and overcome barriers associated with inactivity and Parkinson disease.

PWR!Instructor Workshops teach therapists and fitness professionals how to instruct PWR!Moves® group and circuit classes utilizing larger and faster functional movements as well as integrate them into community yoga, dance, sports and personal training sessions.

Host A Workshop Today!