

WHAT'S IN A CLASS

This Parkinson-specific exercise class integrates PWR! Moves into sports, fitness, and more traditional gym activities such as strength, agility, balance, coordination, and flexibility training. Working individually or with partners, this class encourages problem solving, fast processing and sequencing, challenging the participant with different exercise stations with a different focus in each.

No experience is necessary and people of all ages are encouraged to participate.



The Parkinson's Exercise and Wellness Center provides Parkinson's patients and others suffering from neurologically-based "movement disorder diseases" exercises for a stronger body, education and resources for a stronger mind, and camaraderie and support for a stronger spirit.

The Parkinson's Exercise & Wellness Center
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PARKINSON'S & PWR!®



**PWR! UP. PWR! ROCK.
PWR! TWIST. PWR! STEP.**

The Parkinson's Exercise and Wellness Center is comprised of multifaceted certified trainers who specialize in Parkinson's and Parkinson's Plus illnesses. The PWR! Certified instructors bring a fresh approach to each class, tailored to fit the needs of the participants and offering modifications when necessary. Despite the progression of the disease, there are classes for all abilities.

The Parkinson's Exercise and Wellness Center is a fully dedicated Parkinson's facility with a unique position to better serve those with PD. While fighting the symptoms of PD through exercise is the focus, the center also hosts monthly social events for boxers and their families, as well as hold quarterly support group meetings.



WHO WE ARE



PWR!4LIFE MODEL

PWR!4Life™ is not a static or singular approach. It is a comprehensive neuroplasticity-principled program that integrates the latest research on Parkinson disease and Rehabilitation, Exercise, and Wellness. Therefore, it is always being updated. PWR!4Life is derived from principles used in LSVT (Big & Loud Therapy). It is a natural and intentional NEXT STEP to continue to counteract the inactivity, motor deterioration, and symptoms of PD.

PWR!4Life is a PROACTIVE program that allows the participant to optimize their brain change (neuroplasticity), brain repair, and increase the desire to participate in everyday LIFE. Therefore, it should start at diagnosis and continue "4 Life"! With early intervention and ongoing programming, people can GET BETTER and STAY BETTER. These efforts may trigger positive brain changes (neuroplasticity) that are disease modifying and thereby, contribute to slowing the disease progression.

Four Skills That You Can Improve with the PWR! Moves.

1. PWR! Up - Posture & Alignment
Goal: To counteract rigidity, reduce falls and step bigger
2. PWR! Rock - Weight Shifting
Goal: Improve turns and rolls as well as widen the base of support
3. PWR! Twist - Trunk Rotation
Goal: Rhythmic repetition helps reduce rigidity and improve transitional movement
4. PWR! Step - Transitions
Goal: Improve balance and movement from one location to another

THE BASIC 4

