

WHAT'S IN A CLASS

Improved Quality of Life

Better Sleep

Increased Awareness and Responsiveness

Increased Motivation and Self-Confidence

Better Verbal and Non-Verbal Communication

Social Interaction

Increased Reading Speed

Greater Mobility, Body Control and Awareness



PARKINSON'S & THEATRE

THE ART OF EXPRESSION

OUR MISSION

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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The Parkinson's Exercise and Wellness Center provides a fun and supportive social setting where participants can learn to harness their creativity while exploring physical movement and emotions through acting techniques which include visualizations, mental practice, rhythm, rhyme, improvisation and vocal production. No prior acting experience is needed to participate.

While exercise targets the physical aspects of Parkinson's Disease, recent studies have shown that expressive arts (like theatre) target the non-motor symptoms. Parkinson's and the Art of Expression accesses the creative centers of the brain, rewires neuro pathways, lowers stress chemicals, improves mood and motivation, and improves reading abilities.



WHO WE ARE



THEATRE SCIENCE

Conventional medical treatments of PD are effective on motor disturbances but do not have much impact on non-motor symptoms. For emotional rehabilitation, the recommendation comes as 3 years of active theatre as a complementary therapy as the well-being of patients improves significantly, according to Mirabella et al.

The Scientific World Journal article by Hindawi states that "theatre could reduce clinical disability and improve the quality of life of PD patients (primary end points) more efficiently than other complementary therapies because (1) in order to impersonate a character, patients are forced to regain the control of their bodies; and (2) while being part of a group, patients have a high degree of social interaction. The need to regain the control of their bodies and their social functioning is very likely to deeply motivate patients."

Mirabella, Giovanni & De Vita, Paolo & Fragola, Michele & Rampelli, Silvia & Lena, Francesco & Dilettuso, Fulvia & Iacopini, Marta & d'Avella, Raffaella & Concetta Borgese, Maria & Mazzotta, Silvia & Lanni, Deborah & Grano, Marco & Lubrani, Sara & Modugno, Nicola. (2017). Theatre Is a Valid Add-On Therapeutic Intervention for Emotional Rehabilitation of Parkinson's Disease Patients. *Parkinson's Disease*. 2017. 1-11. 10.1155/2017/7436725.

ABOUT STEPHANIE



As a life-long learner, Stephanie brings a multi-faceted approach to the battle against Parkinson's. Stephanie is a Rock Steady Certified Trainer, a certified Tai Chi instructor for rehab, a certified occupational therapy assistant, a yoga instructor and a professionally-trained theatre actor, director/educator.

The sessions Stephanie facilitates at The PEWC are eclectic and emphasize a science-based, holistic approach which targets overall fitness, functional movement, kinesthetic awareness/mind-body connection, vocal production, mental agility, fine and gross motor coordination, stretching and activities of daily living.