

# TESTIMONIALS



“The class here, lets us get outside ourselves in a fun and exuberant way” – “You don’t really want people to see what’s going on inside you and you tend to be sort of constricted and restricted, body wise, muscles, thoughts” - Rick

“Parkinson’s is a multifaceted disease of motor and non-motor symptoms and requires a multifaceted approach to fight. Theatrical Expression is one element in that battle, helping to give voice to our softened speech and expression to our facial masques and stiffening bodies. Perhaps even more important is the emotional boost it provides, it is fun and allows us to laugh and react with others in a social environment. It’s good for the spirits and good for what ails you.” - Kate

“I don’t have much of an imagination to be an actress, but I am learning to get freer with my emotions and with my thoughts” – “If you do any kind of motion that would embarrass you someplace else, It doesn’t embarrass you here” - Esther



“This is really good for making quick decisions and interacting and looking at people in the eye, which is something you stop doing as the disease progresses, you get smaller and this class the Art of Expression makes you bigger” - Victoria



## 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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## PARKINSON’S- ART OF EXPRESSION PARTE™





## WHO WE ARE

The Parkinson's Exercise and Wellness Center provides a fun and supportive social setting for people with Parkinson's Disease. We strive to stay up-to-date on the latest forms of exercise that benefit those with PD.

We are excited to offer you, Parkinson's - Art of Expression PARTE™, a new and innovative theatre-based program. While exercise targets the physical aspects of PD, recent studies have shown that expressive arts like theatre target the non-motor symptoms of Parkinson's.

### Benefits of PARTE™:

- Targets the motor & non-motor symptoms
- Accesses the creative centers of our brain
- Rewires the neuropathways
- Decreases anxiety
- Encourages socialization
- Improves mood, motivation & self-confidence
- Promotes greater mobility & body control

This ground-breaking program is only available here at the PEWC.

## THEATRE MEETS SCIENCE



Conventional medical treatments for PD are effective on motor disturbances but do not have much impact on non-motor symptoms or emotional rehabilitation.

The Scientific World Journal article by Hindawi states "Theatre could reduce clinical disability and improve the quality of life of PD patients, 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

Stephanie is a professionally trained actor, director, and arts-educator. As a stage actor, she learned the importance of moving with intention, making eye contact, projecting your voice, and incorporating larger than life movements. Stephanie's extensive theatrical experience led her to instinctively surmise how beneficial theater training could be in working with PwP. She strives to stay current on PD research and was thrilled to find that current medical research indicates that theatrical strategies have proven to be helpful to PwP in overcoming the non-motor symptoms of PD.

Stephanie, created an innovative, theatre-based program, Parkinson's~ Art of Expression PARTE™ which addresses the motor and non-motor symptoms of PD. PARTE™ is currently only available here at the PEWC and has been well received. The rousing testimonials from the participants/actors and video recordings of the classes show great promise.

Now casting--Come join the PARTE™ and bring out the Tony Award winner in you.