

## Meet our team!

**Laura Gilbert**

Prevention and Wellness Coordinator

**Lauren Hanley**

Senior Director of Health Integration

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### Who are these programs for?

Anyone with a neuromuscular or cerebrovascular condition such as Parkinson's or Multiple Sclerosis.

For the past 12 years, the MetroWest YMCA has helped hundreds of people in the community improve their quality of life and learn to live better with Parkinson's. Currently, programs are available at no charge, thanks to support by a community grant from the Parkinson's Foundation.



## RECLAIM HEALTH & REDUCE RISK

The MetroWest YMCA offers evidence-based wellness programs to promote activities that address and prevent health conditions and complement traditional healthcare.

### TO SIGN UP, PLEASE CONTACT:

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**METROWEST YMCA**

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**REFERRAL to Parkinson's Wellness Programs at the MetroWest YMCA**

**Provider/PCP Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Date:** \_\_\_\_\_

I am referring this patient with NO limitations

I am referring this patient with the provided limitations:

\_\_\_\_\_

**Signature of Referring Provider:**

## METROWEST YMCA PARKINSON'S PROGRAM



## PARKINSON'S WELLNESS PROGRAM (PWP)



**Improve your balance and flexibility!**



**Make new friends!**

[www.metrowestymca.org](http://www.metrowestymca.org)



## Parkinson's Wellness Program (PWP)

The PWP is a free program designed to help individuals with Parkinson's Disease, MS, or any other diagnosed neuromuscular condition to maintain and improve their quality of life. Each class includes balance, cognition, strength, and flexibility. All exercises can be modified to accommodate each individual's abilities.

The goal of the PWP program is to help participants maintain their balance, mobility, and activities of daily living.

Research has shown exercise can improve gait, balance, tremors, flexibility, motor coordination, and possibly slow disease progression.



## • PARKINSON'S GROUP EXERCISE

### What is it?

This 45-minute exercise class is for people with Parkinson's, MS, or any other neurological condition, and is held Mondays in person and Thursdays virtually via Zoom. The exercises target posture, balance, strength, coordination, and range of motion. The Thursday class offers some yoga exercises. All exercises are adaptable for all levels of fitness.

## • PEDAL for PARKINSON'S

### What is it?

A cycle class for people with neuromuscular or cerebrovascular conditions. Research at the Cleveland Clinic showed a 35 percent reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace (80-90 revolutions per minute).

### Requirements to Participate

- Must be over 30 and diagnosed with Idiopathic Parkinson's Disease or another neurological condition
- Physician approval is required
- It is recommended that you have a heart rate monitor and proper cycling equipment including padded shorts, water, sneakers or clip-in shoes.

## • PWR!Moves for PARKINSON'S

### What is it?

PWR!Moves is the core of our PD-specific functional exercise and physical therapy programs. Each class will include a variety of different exercises to help improve balance, mobility, strength, endurance, cognition, and flexibility. All exercises are modified to accommodate everyone's needs and abilities.

Most of these programs are free and offered on a rolling basis to anyone in the community.



Improve your quality of life!

## WHAT DO I NEED TO KNOW TO REGISTER?

These programs improve health by promoting activities that address and prevent health conditions and complement traditional healthcare delivery. These programs are evidence-based, meaning they have shown quantifiable results.

### To learn more, contact:

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508-879-4420 Ext 232

To learn more or to be notified when the next class is scheduled, scan here:

