

FREE COMMUNITY TALK

for people with Parkinson disease (PD) and atypical parkinsonisms, their care partners, medical, healthcare, and fitness professionals, and other members of the PD community. All are welcome!

Exercise **4** BrainChange® Essentials: Why and how to optimize your exercise



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PWR!® faculty will present information on:

- how to optimize brain health and learning
- the motor, cognitive, and emotional symptoms of Parkinson disease and how to combat them
- the most recent research-based evidence advocating exercise as a first line of defense against PD

Talk followed by audience Q&A

June 19, 2020

6:00-7:30pm

**Rogue Physical Therapy &
Wellness**

18030 Magnolia St.
Fountain Valley, CA 92708

RSVP to Claire McLean at claire@roguept.com

Presented by



Hosted by



For more information, visit us at pwr4life.org or contact us at workshopsinfo@pwr4life.org