



Fall 2020 Exercise Programs

The Michigan Parkinson Foundation, along with our healthcare partners, are determined to keep you connected and moving! MPF's Fall Exercise programs will be available, live, September through December via Zoom. Zoom is an online platform that will allow us to connect our live programs directly to you at home via your computer. To access the Zoom link, visit <https://parkinsonsmi-org.zoom.us/>
Meeting ID: 813 7303 6837 OR Dial by your location +1 646 558 8656 US Meeting ID: 813 7303 6837

Parkinson Exercise Programs via Zoom

- **PWR Moves** (Parkinson Wellness Recovery Exercise)
Every Monday, September – December at 10:00 A.M.
Jamie Haines, PT, DScPT, Board Certified in Neurologic Physical Therapy, Associate Professor, Central Michigan University
- **PWR Moves** (Parkinson Wellness Recovery Exercise)
Every Tuesday, September – December at 10:00 A.M.
Angee Ludwa, PT, Ascension Genesys Hospital in their outpatient neurological clinic
- **Yoga Adapted For Parkinson's**
Every Wednesday, September – December at 10:00 A.M.
Mindy Eisenberg, MHSA, C-IAYT, ERYT-500, Founder/Director of Yoga Moves MS
- **PWR Moves** (Parkinson Wellness Recovery Exercise)
Every Thursday, September – December at 10:00 A.M.
Kim Wilkins, DPT, Neuro Rehab, Beaumont Hospital, Royal Oak
- **Yoga Adapted For Parkinson's**
Every Friday, September – December at 10:00 A.M.
Mindy Eisenberg, MHSA, C-IAYT, ERYT-500, Founder/Director of Yoga Moves MS
- **PWR Moves** (Parkinson Wellness Recovery Exercise)
Every Saturday September- December at 10:00 A.M.
PhD level Physical therapy students supervised by:
Jamie Haines, PT, DScPT and Amy Yorke, PT, PhD

New Evening classes Begin on September 21 at 6:00 PM

Yoga Adapted For Parkinson's
Every Monday, September- December at 6:00 P.M.
Deb Colling, Certified Yoga Instructor, 200 E-RYT

PWR Moves (Parkinson Wellness Recovery Exercise)
Every Thursday September- December at 6:00 P.M.
Katie Handley, PT, DPT
Henry Ford Medical Center - Ford Rd

These classes are made possible by generous donors to the Michigan Parkinson Foundation, Lucas Strong Fund and Oakland County and United Way of SEMI. Additionally, Ascension Genesys Health Club & University of Michigan-Flint Parkinson's exercise programming is supported by a community grant from the Parkinson's Foundation.

30400 Telegraph Road • Suite 150 • Bingham Farms, MI 48025
Tel: 248.433.1011 • 800.852.9781 • Fax: 248.433.1150

www.parkinsonsmi.org