

PARKINSON'S EXERCISE PROGRAM

Why Exercise Matters

Regular, targeted movement is one of the most effective ways to manage Parkinson's symptoms. Our program combines research-based exercise, physical therapy, and motivational coaching to help you stay active and strong at every stage.

Take control of Parkinson's with a specialized exercise program designed to enhance:

Balance & Stability – Reduce fall risk and improve coordination

Strength & Mobility – Maintain independence in daily activities

Flexibility & Posture – Improve movement quality and comfort

Gait & Endurance – Walk with more confidence and energy

Dual-Task Training (Cognitive-Motor Integration) – Walking while talking, counting, or balancing while performing hand tasks to improve brain plasticity and reduce freezing episodes.

Program Highlights

- Individual assessments and customized plans
- Small-group or one-on-one sessions
- Led by Parkinson's Specialist
- Safe, supportive environment
- Flexible scheduling

Lead Instructor

Kaitlyn Wise – has taught the Parkinson's Exercise Program for over 15 years, helping participants improve strength, mobility, and quality of life through expert guidance and compassionate instruction.



Call today to begin your Parkinson's Exercise Program!

"Exercise is medicine for Parkinson's – and it's never too late to start."