

PARKINSON'S PROGRAM

The Parkinson's Program allows certified Family Wellness Trainers to work with the Parkinson community to combine physical activity and interactive group sessions to help participants manage their symptoms in a fun, social, and supportive environment. Our Parkinson's Program offers two activity class options on Mondays and Wednesdays and support groups on Fridays.



Parkinson's BIG | Mondays & Wednesdays, 10:00AM - 10:50AM

This class features BIG movements and PWR moves that focus on strength and balance, and also includes a LOUD voice exercise component. Participants must be referred by a BIG certified physical therapist. Need based membership applications are available at the front desk or online for financial assistance. Classes are held in Group Fitness 1 unless otherwise specified.

Independent Walking | Mondays & Wednesdays, 10:50AM - 11:00AM

PD FIT | Mondays & Wednesdays, 11:00AM - 11:50AM

This class is for independent movers (no walkers, canes, etc) who are ready for a continuous movement at a faster pace. Activities include dance, boxing and circuit style drills to work on balance, strength and agility. Participants must be able to get on and off the floor without assistance. Before attending, participants must meet with a PD Trainer 1 on 1 for a mobility assessment. Need based membership applications are available at the front desk or online for financial assistance. Classes are held in Group Fitness 1 unless otherwise specified.

Parkinson's Support Group | 1st & 3rd Fridays, 10:00AM - 11:00AM

Meets the first and third Friday in the Conference Room and is for someone with Parkinson's. We discuss a new topic each week and this class gives them an opportunity to share and connect with others who have Parkinson's.

Independent Exercise in Fitness Area | Fridays, 11:00AM - 11:50AM

Please contact Gary at (701) 234-6961 or Gary.Pucher@sanfordhealth.org
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Familywellness
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