

**Join us for the return of Alberta's largest Parkinson disease education event: Hope Conference for Parkinson's!**



**Saturday May 26, 2018**

This year's conference will bring you face to-face with leading experts, connect you to peers, and leave you feeling hopeful and energized!

**Included in the day's itinerary:**

- Ask the Experts panel
- Lunch
- Choice of two (2) breakout sessions  
Advance Care Planning  
Managing Anxiety & Depression  
Nutrition & PD  
PD & Dance  
PWR! (Parkinson Wellness Recovery)

Be educated and inspired by Hope Conference's two keynote speakers of **Dr. John Ratey** leading educating us on research and **Nathan Dempsey** sharing his personal, inspirational journey. You won't want to miss this informative and inspiring event! For more detailed information on Hope Conference – including itinerary, keynote speaker bios, breakout session descriptions and online registration visit our website at: [www.parkinsonalberta.ca/hopeconference](http://www.parkinsonalberta.ca/hopeconference) Or call 1-800-561-1911

**Appointments Welcome:**

If you would like to visit our Client Service Coordinators for a one on one appointment or have a tour of our office, please call ahead and book an appointment at 780-425-6400. We are no longer providing walk-in services.

**Membership Renewal:**

Memberships run yearly from January – December and cost \$25. Parkinson Association of Alberta members receive access to programs and events at a discounted rate and will receive a free Aware in Care kit. Talk to your Client Services staff to find out more.



Would you like to be involved in research and make a difference? Visit our website <http://www.parkinsonalberta.ca/callforresearchparticipants> or contact us to hear about research opportunities available for those living with Parkinson's and their families in the Edmonton Region.

## **SUPPORT GROUPS**

Support groups can be a valuable resource as they provide a place to meet others and share similar experiences. Below is a list of the support groups offered in our Region. For more information call 780-425-6400.

<p><b>Camrose</b> 3:30pm – 5:30pm 2nd Wednesday of the month St. Andrew’s Anglican Church, 4713 50 St. April 11 / May 9 / June 13</p>	<p><b>Parkland</b> 6:30 pm – 8:30 pm 4th Thursday of the month Rehoboth Ministries, 3920 – 49 Ave, Stony Plain April 26 / May 24 / June 28</p>
<p><b>Care Partners</b> 10:00am – 12:00 pm 1st Thursday of the month PAA Edmonton Office, 11209-86 St. April 5 / May 3 / June 7</p>	<p><b>Leduc</b> 6:30pm – 8:30pm 4<sup>th</sup> Tuesday of the month Telford House, 4907 46 St. April 24 / May 22 / June 26</p>
<p><b>Edmonton Central</b> 7:00pm – 9:00pm 3rd Wednesday of the month PAA Edmonton Office, 11209-86 St. April 18 / May 16 / June 20</p>	<p><b>Sherwood Park</b> 1:00pm – 3:00pm 2nd Tuesday of the month Bethel Lutheran Church, 298 Bethel Dr. April 10 / May 8 / June 12</p>
<p><b>Edmonton North</b> 10:00am – 11:30am 3<sup>rd</sup> Friday of the month Shepherd’s Care, 12603 135 Ave, Edmonton April 20 / May 18 / June 15</p>	<p><b>St. Albert</b> 10:00am – 12:00pm 3rd Tuesday of the month St. Albert 50+ Club, 7 Tache St. April 17 / May 15 / June 19</p>
<p><b>Edmonton South (Rutherford)</b> 1:00 pm – 3:00 pm 1st Wednesday of the month Rutherford Heights, 949 Rutherford Rd. April 4 / May 2 / June 6</p>	<p><b>Westlock</b> 1:30pm – 3:30pm Last Monday of the month Room 140, Provincial Bldg. 2, 10003 – 100<sup>th</sup> St. April 30 / May 28 / June 25</p>
<p><b>Fort Saskatchewan</b> 1:00pm – 3:00pm, 4<sup>th</sup> Tuesday of the month Pioneer House, 10102 -100 Ave. April 24 / May 22 / June 26</p>	<p style="text-align: center;"><small>ALBERTA RETIRED TEACHERS</small>  <b>Charitable FOUNDATION</b> <b>Tele-Support Group</b> – 3<sup>rd</sup> Thursday of the month 10:00am – 11:00am <b>Parkinson Plus (MSA, PSP, CBD, Lewy Body)</b> – April 12<sup>th</sup> &amp; June 14<sup>th</sup> 10:00am – 11:00am</p>

If you would rather take part in a support group from the comfort of your own home, you are invited to join the **‘Tele Support Group’**. We have three options to choose from. Call 1-800-561-1911 for information or to register.

## PROGRAMMING

Programs **require pre-registration** a minimum of one week in advance of the program start date and require a **minimum number** of participants to run. **Payments must be made at the time of registration.** We are **not able to pro-rate** classes because we are cost recovery. If there is a medical procedure during the class session, please speak to a Client Services Coordinator.

**We will accept post-dated cheques for the programs.** Payment can be made by cash, credit card or cheque, in person, over the phone or via Canada Post. We do not have debit or eTransfer.

Registration for these programs will be accepted on a **first-come, first-serve basis.**

Below is a list of programs that we will be offering throughout April to June. Our most up-to-date offerings are available anytime on our website. Go to [www.parkinsonalberta.ca](http://www.parkinsonalberta.ca) and click the blue button on the right that says "EDMONTON"! These icons indicate which category(ies) a program falls under; you will find them beside each program listing below.



PD & the Arts



PD & Education



PD & Movement



PD & Social

### Education Programs:



#### Webinar: Marijuana and PD: What Do We Really Know?

April 17, 2018 – Tuesday

Edmonton: PAA Edmonton Office, 11209-86 St.

11:00am – 12:00pm

Cost: Free

There is increasing interest in the Parkinson's patient and research community about the potential for cannabis-based products to treat PD. In this expert briefing we will review what cannabis is, how it works in the brain and why there is so much excitement about its potential in PD. We will then review animal and basic science studies suggesting some promise in treating motor symptoms and slowing the progression of PD. We will conclude by reviewing the evidence to date in human studies, suggestions for future research and practical advice for persons interested in trying cannabis-based products. **\*Register in advance!** To watch this from the comfort of your own home go to: <http://event.netbriefings.com/event/pdeb/Live/marijuana/register.html>



#### Webinar: Living Alone: Home Safety and Management in PD

June 5, 2018 - Tuesday

Edmonton: PAA Edmonton Office, 11209-86 St.

11:00am - 12:00pm

Cost: Free

Parkinson disease can impact a person's ability to live safely and independently in their home. This presentation will provide people with Parkinson disease, their care partners, and health professionals with information and ideas to help them manage home safety problems associated with Parkinson disease. It will focus primarily on falls but will also address other potential safety problems related to the motor and non-motor aspects of Parkinson disease. It will cover risk factors for home safety problems and strategies to prevent them.

**\*Register in advance!** To watch this from the comfort of your own home go to:

<http://event.netbriefings.com/event/pdeb/Live/alone/register.html>



## Resource Fair

June 20, 2018 – Wednesday

Edmonton: PAA Edmonton Office, 11209-86 St.

1:00pm – 3:00pm

Cost: FREE

Come and check out a variety of vendors and gather more information everything from medical supplies to home health care service. Refreshments will be available!

### Exercise Programs:

## AVENUE BOXING CLUB



### PD & Boxing *(In partnership with Avenue Boxing)*

<b>Session 1</b> <b>April 2 – May 9 (6 Weeks)</b> <b>Mondays and Wednesdays</b> 9:30am - 11:00am <b>Cost:</b> \$150 members \$160 non-members <b>Edmonton:</b> Avenue Boxing Club 8812 – 118 Ave <b>Instructors:</b> Gaspar Bonomo, Boxing Coach	<b>Session 2</b> <b>May 14 – June 20 (6 Weeks)</b> <b>Mondays and Wednesdays</b> 9:30am - 11:00am <b>Cost:</b> \$150 members \$160 non-members <b>Edmonton:</b> Avenue Boxing Club 8812 – 118 Ave <b>Instructors:</b> Gaspar Bonomo, Boxing Coach	<b>Optional Friday</b> 9:30am – 11:00am <b>Cost:</b> \$75 for six (6) classes <b>Edmonton:</b> Avenue Boxing Club 8812 – 118 Ave <i>A \$10 annual membership to Boxing Canada is required and may be purchased at the club along with gloves and hand wraps at \$42</i>
<b>Optional Friday classes:</b> April 6, 13, 20, 27, May 4, 11	<b>Optional Friday classes:</b> May 18, 25, June 1, 8, 15, 22	Optional classes must meet minimums in order to take place

For people with PD this boxing class will focus on fast action exercises to build strength, power, flexibility and balance.

*\*Please note – New participants will take part in a short assessment at the boxing club.*

*\*A minimum of 12 participants required, maximum of 14 participants.*



### PWR!™ (Parkinson Wellness Recovery) – Level 1, Level 2 & PWR!

#### Circuit™

<b>Session 1</b> <b>Date: TBD ( 6 weeks)</b> <b>Tuesdays &amp; Thursday</b> Moves Level 1: 9:30am – 11:00am Moves Level 2: 11:15am – 12:45pm Circuit: 9:00 am – 10:30 am <b>Cost:</b> \$130 members, \$140 non-members <b>Edmonton:</b> PAA Edmonton Office 11209-86 St.	<b>Session 2</b> <b>Date: TBD (5 weeks)</b> <b>Tuesdays &amp; Thursday</b> Moves Level 1: 9:30am – 11:00am Moves Level 2: 11:15am – 12:45pm Circuit: 9:00 am -10:30 am <b>Cost:</b> \$108 members, \$118 non-members <b>Edmonton:</b> PAA Edmonton Office 11209-86 St.
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PWR!™ Moves and Circuit is a class designed to help you move better, think faster, feel more confident and energetic. Participants must be able to get onto the ground and up again with minimal assistance. New participants must undergo a brief assessment. This assessment will determine which group is right for you!

*\*Minimum 10 participants per class.*

Click to watch this PWR! video: <https://www.youtube.com/user/exercise4brainchange>



## Sit, Stand & Strengthen

<b>Session 1</b> <b>April 18 – May 23 (5 weeks)</b> <b>Mondays &amp; Wednesdays – Large room</b> 10:30am – 11:30am <b>Cost:</b> \$125 members \$135 non-members <b>Edmonton:</b> PAA Edmonton Office 11209-86 St. <b>*No class: May 21<sup>st</sup> (Victoria Day)</b>	<b>Session 2</b> <b>May 28 – June 27 (5 weeks)</b> <b>Mondays &amp; Wednesdays – Large room</b> 10:30am – 11:30am <b>Cost:</b> \$125 members \$135 non-members <b>Edmonton:</b> PAA Edmonton Office 11209-86 St.
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Start with a beginner exercise class with a focus on sitting exercises to reduce stiffness and improve strength. Practice standing balance and walking tasks that challenge you in a safe environment. Exercises will target specific movement challenges experienced by persons with PD. This class is ideal for those who cannot get down on the floor and participate in PWR Moves. **Assessment Fee:** \$30

*\*Minimum of 6 and maximum 8*

**Instructor:** Cari Cooke.

## Cognitive Programs:



### Chess / Checkers Night

<b>May 16<sup>th</sup></b> <b>Wednesday</b> 7:00pm – 9:00pm <b>Cost: Free!</b> <b>Edmonton:</b> PAA Edmonton Office 11209-86 St.	Unleash your originality and creativity with a classic game of Chess or Checkers. You will have the chance to play against a fellow Chess/Checkers player. This is all in the name of fun while exercising and stimulating your brain.
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### PD & Instrumental Music

<b>April 16, 23, 30, May 8 &amp; 14</b> <b>Mondays</b> 1:00pm – 2:15pm <b>Cost:</b> \$115 members \$125 non-members <b>Edmonton:</b> PAA Edmonton Office 11209-86 St. <b>*Minimum of 8 participants</b>	Back after a successful pilot the Tommy Banks Centre for Musical Creativity invites anyone who has an instrument in their past to dust it off and get back to playing again! Musicians will be provided from the Edmonton Symphony Orchestra to instruct and play alongside of you for 5 weekly sessions. Players of all levels are invited to join in these music making sessions. Let's have fun making music together in a safe and social environment!
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## Social Programs:



### Social Sing-a-long

<b>April 6<sup>th</sup> – June 29<sup>th</sup></b> <b>Every Friday</b> 10:00am – 11:30am <b>Cost:</b> \$2 Drop-in <b>Edmonton:</b> PAA Edmonton Office, 11209-86 St.	This drop-in, You-Tube led, group-sing-a-long program is a great way to have fun, increase social bonding, helps cognitive functions and keep your vocal chords active. No singing skill required.
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## May Day Social Potluck

**May 4, 2018**

**Friday**

12:30pm – 3:00pm

**Cost:** Free!

**Edmonton:** PAA Edmonton Office, 11209-86 St.

Celebrate May with food, laughter, dancing and perhaps some games! What better way to spend the afternoon than with good friends. Join us and bring your favorite dish to share as we let loose.



## Young Onset / Young at Heart Social

**4th Monday of the month**

**\*Note that dates and times may change**

**April 23<sup>rd</sup>, May 28<sup>th</sup>, June 25<sup>th</sup>**

6:30pm – 8:30pm

**Location:** To be determined.

Join others with Parkinson's and their Care Partners in a fun filled atmosphere. There are a variety of different activities in various areas of Edmonton that take place once a month. This is welcomed for all those who are young at heart!  
Please call Pamela for details.

## In West Edmonton!



### On Pace with Parkinson's *(In partnership with the West-end Seniors Activity Centre)*

**May 3<sup>rd</sup> – 24<sup>th</sup> (4 weeks)**

**Thursdays**

2:45pm – 3:45pm

**Cost:** \$48

**Edmonton:** 9629-176 St

**Registration:** 780-483-1209

Have you been diagnosed with Parkinson's and unsure what one can do? Exercise is one of the top prescriptions to help keep people motivated and provide the strength needed to continue enjoying hobbies and opportunities in life. An instructor led workout that delivers exercises best suited to abilities in a progressive manner to keep members moving.

## In Camrose!



### Parkinson's Exercise Program *(In partnership with the Camrose Primary Care Network)*

**Tuesdays and Thursdays**

11:00am – 12:15pm

**Cost:** \$150 members/ \$165 non-members

**Camrose:** Recreation Centre (4512 – 53 Street)

**Information and Registration:** Camrose PCN

780-608-4927

This Parkinson Exercise Program is a twice weekly group class designed to help you move better, think faster, feel more confident and energetic. Bring a water bottle, floor mat, and walking poles and remember to wear comfortable clothing!

**Instructor:** Connie Harrison is a PWR!  
trained physiotherapist

[www.camrosepcn.com](http://www.camrosepcn.com)



CAMROSE | BASHAW | DAYSLAND  
FORESTBURG | HARDISTY | TOFIELD

## In Fort Saskatchewan!



### Parkinson's Pole Walking & Meditation *(In partnership with Dow Centennial Centre)*

**April 9 – June 18 (11 weeks)**

**Mondays**

11:00am – 12:00pm

**Cost:** \$60

**Fort Saskatchewan:** Dow Centre, 8700 – 84 St.

**Registration:** [www.fortsask.ca](http://www.fortsask.ca) 780-992-6400

**Course #** 30722

This class combines both exercise, and meditation for helping manage the symptoms of Parkinson's disease. Meditation helps calm the nervous system, and relieves stress and pain. Pole walking, provides large movements, and coordinated, stability building exercise for maintaining health.





## Up, Rock, Twist and Step *(In partnership with Dow Centennial Centre)*

<p><b>April 5 – June 28 (13 weeks)</b>  <b>Thursdays</b>  <b>Fort Saskatchewan:</b> Dow Centre, 8700 - 84 Street  2:30pm - 3:30pm  <b>Cost:</b> \$78  <b>Registration:</b> <a href="http://www.fortsask.ca">www.fortsask.ca</a> 780-992-6400  <b>Course #</b> 30695</p>	<p>A research based approach to exercise as medicine for Parkinson’s disease and other movement disorders. Exercises that promote aerobic capacity and motor learning control will be taught in a fun progressive way. The focus will be on large expansive body movements using high effort and sensory awareness. Participants will learn how to use these foundational exercises to target the symptoms that interfere with daily movement.</p>
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## In Parkland!



## Exercise for Health *(In partnership with the Tri Leisure Centre)*

<p><b>April 3 – June 7 (10 weeks)</b>  <b>Tuesdays and Thursdays</b>  1:15pm-2:15pm  <b>Cost:</b> \$150 Tri Leisure members, \$190 non-members  <b>Spruce Grove:</b> TransAlta Tri Leisure Centre, 21 Jennifer Heil Way  Contact TLC Wellness Supervisor for more information at 780-948-3218.  <b>Course #</b> 44486</p>	<p>This specialized exercise program is designed for those with chronic health conditions to help manage symptoms and improve overall physical health through exercise. Featuring instruction and guidance from the TLC's Certified Exercise Physiologist, this program guides you in a safe, small group environment. Suitable for those with PD, Arthritis, Osteoporosis, Stroke or similar chronic conditions.</p>
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## Board Games

<p><b>2<sup>nd</sup> Monday of the month</b>  <b>April 9, May 14 and June 11</b>  1:00pm – 3:00pm  <b>Stony Plain:</b> (FCSS Building) #4613, 52 Ave – 107 Forest Green Plaza</p>	<p>Do you sometimes have difficulty finding the words you want to say? Would you like to have an opportunity to use strategic thinking, challenge your mind and improve your fine motor skills? Speech and Occupational Therapists use board games to practice these skills. Join us for a fun afternoon of learning and playing recommended board games.</p>
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## In Sherwood Park!




## Fighting Back (Exercise program) *(In partnership with Millennium Place)*

<p><b>April 2 – May 7 (6 weeks)</b>  <b>Mondays</b>  10:15am – 11:15am  <b>Cost:</b> \$48 for PAA members</p>	<p><b>April 4 – May 9 (6 weeks)</b>  <b>Wednesdays</b>  9:30am – 10:30am  10:45am – 11:45am  <b>Cost:</b> \$48 for PAA members</p>
<p><b>May 14 – June 18 (5 weeks)</b>  <b>Mondays</b>  10:15am – 11:15am  <b>Cost:</b> \$40 for PAA members  <b>*No class May 21<sup>st</sup></b></p>	<p><b>May 16 – June 20 (6 Weeks)</b>  <b>Wednesdays</b>  9:30am – 10:30am  10:45am – 11:45am  <b>Cost:</b> \$48 for PAA members <b><i>continue to next page...</i></b></p>

For people with Parkinson's and other chronic conditions, this boxing and circuit training program will help you feel and function better. With a focus on fast action exercise as well as strength, power and flexibility, this program is designed to enhance the quality of life.

**Registration:** Terry at 780-416-7234. A pre-screening form must be completed prior to class commencement.



**Sherwood Park:** Millennium Place, 2000 Premier Way

 <b>Fighting Back – Shallow Water</b> <i>(In partnership with Millennium Place)</i>	
<b>April 6 – May 11 (6 weeks)</b> <b>Fridays</b> 10:00am – 10:45am <b>Cost:</b> \$57 for PAA members	<b>May 18 – June 22 (6 weeks)</b> <b>Fridays</b> 10:00am – 10:45am <b>Cost:</b> \$57 for PAA members

This warm water shallow exercise program provides a powerful dose of benefits for those with Parkinson's disease and other chronic conditions including muscle relaxation and reduced stiffness.

**Registration:** 780-416-7233 or [www.strathcona.ca/emeraldhills](http://www.strathcona.ca/emeraldhills)


**Sherwood Park:** Emerald Hills Leisure Centre, 3555 Emerald Drive


  <b>Walking Club</b>	
<b>April 3 – June 26</b> <b>Tuesdays</b> 7:00am – 8:00am <b>Cost:</b> Free <b>Sherwood Park:</b> 2020 Sherwood Dr.	Come together this winter and enjoy a warmer walk indoors at the Sherwood Park Mall. Afterwards sit down and socialize with other friendly Mall Walkers.

For further program information in Sherwood Park please check out:

<https://www.strathcona.ca/files/files/spring-summer-camps-guide-2018-small.pdf>

## In St Albert!

 <b>Boxing for Parkinson's</b> <i>(In partnership with Servus Credit Union Place)</i>	
<b>April 6 – June 22 (12 weeks)</b> <b>Fridays</b> 11:45am – 12:30pm <b>Cost:</b> \$108 <b>St. Albert:</b> Servus Place 400 Campbell Road Register online or by calling 780-418-6088 Please have a Par-Med X or doctor's clearance filled out and completed to bring to the first class. <b>Course #</b> 46165	The goals of this class will be tailored for participants with PD and other neuromuscular issues based on research in the area and developing group exercise programs. The class will learn fundamental movement skills, establish and increase body awareness as well as balance and flexibility. You will increase joint mobility and cardiorespiratory fitness while also building strength and power. This class is open to those with other chronic diseases.

 <b>Foundations for Parkinson's</b> <i>(In partnership with Servus Credit Union Place)</i>	
<b>Session 1</b> <b>April 4 – May 9 (6 weeks)</b> <b>Wednesday</b> 10:45am – 11:30am <b>Cost:</b> \$54.00 <b>St. Albert:</b> Servus Place 400 Campbell Road	<b>Session 2</b> <b>May 16 – June 20 (6 weeks)</b> <b>Wednesday</b> 10:45am – 11:30am <b>Cost:</b> \$54.00 <b>St. Albert:</b> Servus Place 400 Campbell Road

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A Par-Med X for exercise is required from those new to the class <b>Course # 46797</b>	A Par-Med X for exercise is required from those new to the class <b>Course # 46798</b>
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This class encompasses large functional movements and high effort intensity to challenge and re-train the brain to make you move! Combating against the effects of Parkinson Disease, moving your muscles and creating cognitive challenges for your brain will help you feel better and focus more. This class will help you increase your activity level, aid in better kinesthetic awareness and get your heart rate up all while having fun and meeting new people. This class is not exclusive to those with just Parkinson's disease and is open to other participants with neurological disorders.



### **Minds in Motion** *(In partnership with Servus Credit Union Place)*

<b>March 22 – May 24 (10 weeks)</b> <b>Thursdays</b> 1:00pm – 3:00pm <b>Cost:</b> \$90 <b>St. Albert:</b> Servus Place 400 Campbell Road <b>Contact:</b> Megan Lauer or Bryce McLeod 780-418-6055	Are you a care partner or person with early to mid-stage dementia? Partnered with the Alzheimer Society of Alberta, come join us for 45 minutes of physical activity followed by 45 minutes of a social and cognitive group activity. One of the first of its kind in Alberta, participants and care partners will enjoy this community based program in a safe and welcoming environment.
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**As a note: Servus Place offers other programs for mobility illnesses that you may join such as Yoga for Myself and Seniors Gentle Yoga.**

Click the link for more details: <https://stalbert.ca/apps/PDFGuide/output/servusplaceguide.pdf>

## Other Opportunities:

### **Alexander Technique**

Alexander Technique is an educational process with therapeutic side-effects, giving participants tools to find balance, reduce tension and stress and make life easier. As well as dealing with pain and general discomfort, this work has had significant success in reducing and managing common Parkinson's symptoms like cramping, tremor, freezing, and hunching. Candace Cox, certified Alexander Technique Teacher continues to come to Edmonton to work with Parkinson's clients at the Parkinson Alberta office. Please call to add your name to the waitlist.

### **Private Onsite Physiotherapy**

Cari Cooke is a registered Physical Therapist with over 20 years' experience. She has a special interest in the assessment and treatment of Persons with Parkinson's disease. She has experience with all stages of PD as a research assistant, instructor of group classes, and as a DBS Coordinator. She has certifications in LSVT/BIG, Urban Poling, and Neurodevelopmental Theory. If group classes are not able to address your specific movement concern, consider an individual visit with Cari. **Appointments and payment can be made at our reception desk.**

### **Coming Soon!**

Keep your eyes and ears open for some exciting things to come this Spring and Summer. Announcements will be made through the bi-weekly emails sent to you and poster will be up in our Edmonton office for dates of the upcoming programs. There will be some Walking Clubs, Vocal Enhancement and Yoga opportunities.

### **Magazine!**

We love to publish your poems and "My Story". Send it in to us by emailing your Client Service Coordinator or you can mail it in or drop it off at our office.

### **6<sup>th</sup> Annual Step n' Stride – Registration now OPEN!**

# Train the Trainer

## Exercise in Parkinson Disease

Saturday, June 2, 2018

8:00am – 4:30pm

Red Deer, AB (Location TBD)

**Do you work with people with Parkinson disease?  
Do you want to provide exercise programs that meet their needs?**

Join physiotherapist, Lisa Robert and Darla Larsen, for a full day's session where you will:

- Increase your understanding of Parkinson disease (PD)
- Learn about the importance of exercise in PD
- Learn a research based approach to developing group exercise programs
- Have an opportunity to work directly with people with Parkinson's
- Leave with skills to develop & modify your exercise program to meet the needs of those with Parkinson's
- Discuss potential partnership and promotional opportunities with Parkinson Association of Alberta for program delivery.

### Who should attend?

Any fitness professional or health care provider interested in offering current research based exercise programming for people living with Parkinson's. *Note:* This training is approved for 7 AFLCA Continuing Education Credits, and as a W4 professional development credit with CSEP.

### Cost:

\$175 per person. Group discounts: \$160 per person for 2 or more from same facility. Lunch included.

Minimum of 20 registrants needed. Must register before **May 22, 2018**.

### For further information or to register, contact:

Pamela Mandryk at Parkinson Association of Alberta

780-425-6400

[pmandryk@parkinsonalberta.ca](mailto:pmandryk@parkinsonalberta.ca)

