

# INTEREST FORM

First Name

Last Name

Date of Birth

Phone Number

Street Address

City

State

Zip Code

Email Address

Year you were diagnosed with PD

I utilize the devices below for mobility  
(check any that apply):

- Cane
- Walker
- Wheelchair
- No Device



# Parkinson's Exercise Class

Offered through a partnership  
with SSM Health



## FOND DU LAC FAMILY YMCA

90 W Second Street  
Fond du Lac, WI 54935  
920.921.3330  
[www.fdlymca.org](http://www.fdlymca.org)



## WHY EXERCISE?

### Research shows that exercise **BENEFITS** people with **Parkinson's Disease (PD)**

The benefits of exercise can help protect certain areas of the brain involved in the disease process.

Your body is changing as it copes with PD and aging:

- Loss of muscle mass and tone
- Loss of bone mass and minerals

Exercise can HELP slow down the progression of these effects

Exercise can also help:

- Improve posture
- Improve strength
- Improve balance
- Improve walking ability
- Prevent falls
- Restore general functional ability
- Improve cardiovascular health
- Improve non-motor symptoms of Parkinson's (i.e. memory, sleep, mental health, attitude)



## WHAT SORT OF EXERCISE DO WE DO?

In this class we work on aerobic conditioning on treadmills, bikes, or the NuStep, depending on your ability.

Weight machines are used for upper and lower body strengthening.

Classroom exercises emphasize range of motion, balance, posture, and body education.

## WHO CAN ATTEND THIS CLASS? HOW DO I JOIN?

This class is specifically designed for people with PD who are still walking with or without the use of a walker or cane. The goal is to maintain and increase your function.

This class was designed by a physical therapist from SSM Health, and the elements in the class are based on current research in the Parkinson's field.

### Class Prerequisites

#### PREAPPROVAL:

Class participants must be approved to join the Parkinson's Exercise class, prior to registration. Class size is limited.

To be approved, please contact the lead physical therapist:

Joel Mason, DPT  
Joel.Mason@ssmhealth.com  
920.921.3330 ext. 337

#### PHYSICIAN NOTE:

Class participants are asked to have a physician's note informing program instructors that the member is able to attend an exercise class. This can be provided on the participant's first day of class.

## CLASS SCHEDULE & FEES

For current class schedules, see Parkinson's Exercise Class web page at [fdlymca.org](http://fdlymca.org).

Participants pay monthly.

Cost: \$35 for Y Member  
\$50 for Community Participant

## FOR MORE INFORMATION

Please contact Joel for more information regarding the Parkinson's Exercise Class.

Joel Mason, DPT  
Joel.Mason@ssmhealth.com  
920.921.3330 ext. 337

