



# PARKINSON'S WELLNESS RECOVERY



Parkinson's Wellness Recovery is an evidence-based exercise program integrating whole-body movements that can slow motor deterioration, improve symptoms, and increase the quality of life in those living with Parkinson's disease. It is a proactive program that allows participants to optimize brain health, brain repair and adaptation, and increase desire to participate in life.

PWR! Instructors will lead 45-minute virtual group exercise sessions using a non-rolling chair. Caregivers are invited to support participants. New participants can begin each month, following an assessment and verification of medical clearance.

**Wednesdays and Fridays, April 7-30, 2:30 pm-3:15 pm**

**VIRTUAL EDITION: \$85 MEMBERS, \$105 NON-MEMBERS**

**UNC Wellness Members:** Register in your member account. If you have any issues creating your account, please contact us and we can have temporary login credentials emailed to you.

**UNC Rex Members:** receive the UNC Member rate. Contact NW Cary front desk at 919-957-5900 to register.

**Non-members:** Contact NW Cary front desk at 919-957-5900 to register.