

DO YOU HAVE PARKINSON DISEASE?

ARE YOU EXERCISING?

An exercise group geared towards individuals with Parkinson Disease (PD) may be just what you are looking for! These exercise groups are designed and led by a physical therapist that has experience working with individuals with PD.

The hour-long class is split into two half-hour sessions. Thirty minutes is spent on stretching, with a focus on trunk mobility. The other 30 minutes participants walk on a treadmill. The theory behind this program is that improved trunk mobility combined with an aerobic conditioning program should lead to improvement or maintenance of functional activities used in everyday life. Clients in all stages of the disease are welcome! New participants are always welcome. Wear comfortable clothes, athletic shoes and bring a water bottle to class. These programs are supported by the Wisconsin Parkinson Association.

MILWAUKEE AREA

WHERE	RiteHite YMCA 9250 N. Green Bay Rd Brown Deer, WI 53209 (414) 354-9622	Southwest YMCA 11311 W. Howard Ave. Greenfield, WI 53228 (414) 546-9622	Waukesha Family YMCA 320 E. Broadway Waukesha 53186 (262) 542-2557
WHEN	Tuesday/Thursday 1:30-2:30 PM or 2:00-3:00 PM	Monday/Thursday 1:00-2:00 PM	Monday/Thursday 1:00-2:00 or 1:30-2:30
INSTRUCTOR	Terry Steffen, PhD, PT csteffen1@wi.rr.com Annie Ryan, OTR Contact information: Pat Giese (262) 512-0206	JT Mathwig, PT HealthReach (414) 529 4141 Jt_mathwig@healthreach-rehab.com MaryEllen Humpal, PT Danille Parker, PT, DPT danille.parker@marquette.edu Nicki Kolinske, CPT Personal trainer nkolinske@ymcamke.org (414) 329-3863	Lois Karnuth, PT HealthReach (262) 446-9488 waukeshac@healthreach-rehab.com
CHARGES	Member: \$42/mo Non-member: \$65/mo	Member: \$40/ mo Non-member: \$50/mo	Member: \$40/mo Non-member: \$55/mo

OTHER WISCONSIN LOCATIONS

WHERE	<p>Total Fitness 212 E. Green Bay St Shawano 54166 (715) 526-2899</p>	<p>St. Claire Hospital Rehabilitation Dept 707 Fourteenth St Baraboo 53913 (608) 356-1480</p>	<p>Racine YMCA 725 Lake Ave Racine, WI 53403 (262) 634-1994</p>	<p>Kettle Moraine YMCA at River Shores 705 Village Greenway, Ste 201 West Bend 53095 (262) 247-1050</p>
WHEN	<p>Tuesday/Thursday 11:00-12:00 AM</p>	<p>Tuesday/Thursday 12:00-1:00 PM</p>	<p>Monday/Wednesday 2:00-3:00 PM or 1:30-2:30 PM</p>	<p>Wednesday/Friday 1:00-2:00PM or 1:30-2:30 PM</p>
INSTRUCTOR	<p>Jean Darling, PT, LAT jdnjd@charter.net</p> <p>Kristi Waters, PTA (715) 526-5221 (715) 526-2899</p>	<p>Judee Mehlos, PT (608) 356-1480 (608) 434-0300 judee_mehlos@charter.net</p>	<p>Christine Fiones, OT Christine.Fiones@WFHC.org Wheaton Franciscan Healthcare –All Saints (262) 687-6784</p> <p>Lynda Kundtson lknudtson@ymcaracine.org</p>	<p>Beth Dieringer, PT beth.dieringer@aurora.org</p> <p>Anne Langenfeld Smith, PT Anne.langenfeld.smith@aurora.org Aurora Health Care 262-306-6100</p> <p>LuAnne Salmon lsalmon@kmymca.org Personal Trainer</p>
CHARGES	<p>Member: \$22/mo Non-member: \$30/mo</p>	<p>No charge</p>	<p>Member: \$26/mo Non-member: \$40/mo</p>	<p>Member: \$35/mo Non-Member: \$50/mo</p>