



NAU NORTHERN ARIZONA UNIVERSITY

College of Health and Human Services



Northern Arizona Healthcare

PARKINSON'S EXERCISE CLASS

Hosted by the NAU Physical Therapy and Athletic Training Department, and Northern Arizona Healthcare

Made possible with support from



Do you or someone you know live with Parkinson's disease?

Join us for an interactive exercise class designed to help people living with Parkinson's. Exercise can improve the motor and non-motor symptoms of Parkinson's and slow the progression of the disease.

Classes consist of movement exercises such as stretching, strength and conditioning training, and balance training. Additionally, NAU Physical Therapy researchers are studying the heart rate response of participants to the exercise. Interested class members can volunteer to have heart rate response to exercise measured.

Classes held Thursdays from Aug. 29 - Dec. 12 12:00 – 12:50 pm

- Where: Northern Arizona University 208 E Pine Knoll Dr, Building 66, Room 128
- Parking: Code for free parking given upon request for building 66 lot, park in spot labeled "patient parking"

There is NO COST to participate

This is a free class. Donations are accepted.

To sign-up, please contact Valerie Carter at Valerie.Carter@nau.edu

