NEWSLETTER

May 2024

What's New Wellness 360



Did you know that Wellness 360
Specializes in Neuro-Physical Therapy?

What is Neuro-Physical Therapy?

- Specializes in rehabilitating conditions affecting the nervous system, such as stroke, spinal cord injury, traumatic brain injury, M.S., or Parkinson's Disease.
- Focuses on retraining neural pathways with specialized techniques to improve movement, balance, coordination, and functional movement patterns.
- Addresses cognitive impairments and sensory deficits in addition to physical limitations.
- Involves extensive patient education and family/caregiver training due to the complex nature of neurological conditions.

How to schedule? Give us a call at

585-259-0782

A script from your Doctor is not always required. Give us a call for more details!

Stroke: Early Detection

Every second counts when it comes to recognizing and responding to a stroke. Prompt treatment can minimize brain damage and potential complications. Understanding the signs of stroke is crucial for early detection and intervention. Here are the key indicators to watch out for:

- Sudden weakness or numbness typically on one side of the body
- Sudden onset of speaking difficulties, including slurred speech.
- Facial drooping on one side of the face
- A sudden change in your vision
- Confusion and/or trouble with memory or reasoning.
- · A sudden onset of walking difficulties

It's important to remember the acronym FAST when assessing someone for signs of stroke:

- **F for Face:** Ask the person to smile. Does one side of their face droop?
- **A for Arms:** Ask the person to raise both arms. Does one arm drift downward?
- **S for Speech:** Ask the person to repeat a simple phrase. Is their speech slurred or strange?
- **T for Time:** If you observe any of these signs, it's time to call emergency services immediately. Time is critical in stroke treatment.

Early recognition of stroke symptoms and swift action can significantly improve the chances of recovery and reduce the risk of long-term disability. If you suspect that you or someone else is experiencing a stroke, do not hesitate to seek medical help immediately. Time lost is brain lost.



191 W Main St, Webster

1328 University Ave, Rochester

www.wellness360fitness.com

585-259-0782

Local Studies

Boxing and Parkinson's



We are looking for people diagnosed with Parkinson's Disease for a 6-week study on the effects of the Rock Steady Boxing Program on the symptoms of Parkinson's Disease.

Call for Details 585-259-0782

www.wellness360fitness.com

Researchers at the Decker College of Nursing and Health Sciences are seeking participants for a research study that looks at the effects of Rock Steady Boxing Exercise on the symptoms of Parkinson's Disease.

To participate, you must be:

- 40 years or older
- · Diagnosed with Parkinson's disease
- Not currently enrolled in a Rock Steady Boxing Program

All participants will be enrolled in a 6-week exercise program. The researchers will pay all expenses for the classes. Another session of poststudy data collection will be conducted 6 weeks after the end of the exercise program.



Wellness

360

Thank you Holt Rd Wegmans for your tulip donation for our World PD Day!



Wellness 360 has a new Member. Meet "Daisy Mae"

Month in Review!

Thank you Wayne Co BOCES for inviting Beth to speak to over 100 Female Teens for "EmpowerMe" Day







PD Foundation Fundraiser



Tara is Published "In Good Health"

Caring For Caregiver Respite





Lifespan
Volunteer
Appreciation
Event

Fine Motor Skills Class

A diagnosis of Parkinson's disease can come with increased difficulty with fine motor skills. This class will focus on improving hand dexterity, strength, and coordination. Each month, we will tackle a specific task and send you home with ideas for practice. Join Lindsay as she instructs you through a 2 part series focused on Improving Handwriting.



Handwriting (Part 1)

Hand Strengthening, Mobility Exercises, Posture, and Letter Tracing

When: Thursday, May 2nd
Time: 1:00 pm - 2:00 pm
Where: Wellness 360 on University
(CHPT: 1328 University Ave)
Cost: \$18 a class (W360 class package)

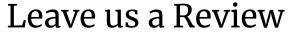
Talk on Tuesday

Join Beth Parry as she discusses the importance of balance. Balance is crucial for everyday activities like walking, standing, and reaching. It helps prevent falls and injuries, maintains posture, and enhances stability during movement. Good balance is essential for independence and quality of life, particularly as we age or when recovering from injury or illness.

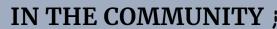


Anyone is Welcome!
Tuesday, May 14th
Webster Rec Center
1350 Chiyoda Dr
To Register, please call
(585) 872-7103









Fine Motor Skills **Equipment Hacks and Hand Mobility.**

When: Thursday, May 2nd, 1:00 pm Where: Wellness 360 on University Instructor: Lindsay Perez

Better Balance Bootcamp Webster When: May 2nd – June 6th

Thursday's at 1:00 pm at Webster Rec Center Register by calling (585) 872-7103

Senior Mindfulness
When: May 3rd - May 24th
Friday's, 10 am at Webster Rec Center
Register by calling (585) 872-7103

East Side PD Support Group May 8th, 1pm - 2:30 pm 169 E Main St, Webster, NY Contact: Jo Zimmerman chazimm@gmail.com

West Side PD Support Group

May 14th 1 pm - 2:30 pm

Chili Community Center

Contact: Mike Shafer

mws.shafer@gmail.com

WREC Talk on Tuesday
Topic: Importance of Balance
Tuesday, May 14th, 10:30 am
Please register by calling (315) 524-7020

Caregivers Support Group May 28th, 4pm - 5pm Webster Rec Center (1350 Chiyoda Dr) Cost: FREE for all Caregivers, NO registration required.



585-259-0782

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