



Parkinson's Wellness Programs

Wellness 360 provides an all-encompassing wellness program for the Parkinson's Diagnosis. We have programs that support the patient from early diagnosis through long-term disease management.

Physical Therapy

- ▶ Outpatient Neuro Rehab
- ▶ Balance & Fall Prevention
- ▶ PWR (PD Wellness Recovery)
- ▶ In-home Mobile PT

Call today for your initial
evaluation
585-259-0782

Group Fitness

- ▶ Rock Steady Boxing
- ▶ Parkinson's Dance
- ▶ Cycle for Active Adult

*Speech/Communication

- ▶ Intentional Communication
- ▶ Speak-Out

*through our FCSC affiliate



191 W Main St, Webster ▶ 1328 University Ave, Rochester
Phone: 585-259-0782 ▶ Fax: 585-512-8372

www.wellness360fitness.com

Parkinson's Wellness Programs

Physical Therapy

- ▶ **Outpatient Neuro Rehab:** Our Staff is trained and certified in Parkinson's specific programs, including PWR & LSVT Big. Our treatments are one-on-one each time. We focus on managing your disease progression, allowing you more independence and a better quality of life.
- ▶ **In-Home Mobile PT:** Same great PT service in the comfort of your own home. These treatments allow the PT to see your environment and make exercise recommendations based on your day-to-day activities.

Group Fitness

- ▶ **Rock Steady Boxing:** The mission of Rock Steady Boxing is to improve the quality of life of people with Parkinson's Disease through a non-contact, boxing-based fitness curriculum. *No experience required!
- ▶ **Parkinson's Dance:** Studies show that dance can greatly improve gait, balance, and cognitive function.
- ▶ **Cycle for the Active Adult:** Forced intensity workouts on the bike help build endurance & improve overall motor function.
- ▶ **Intentional Communication Through the Arts:** This class aims to improve speech clarity, volume, and expression by integrating traditional speech therapy and performing arts basics.

Ask us about our Support Groups



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