

NEWSLETTER

April 2024

Exercise & PD

Exercise is a large component of healthy living for all ages. It's even more important for individuals living with Parkinson's Disease! Exercise can help slow the progression of the disease by helping maintain and improve:

Balance ▶ **Strength** ▶ **Flexibility**

The best types of exercise for PD are aerobic activity, strength training, flexibility, balance, multi-task and agility training.

Recommendations from the Parkinson's Foundation:

- 150 min of moderate to vigorous intensity exercise per week.
- Aerobic: 3 days of 30 min or more.
- Strength Training: 2-3 *non-consecutive* days of 30 min or more.
- Stretching: at least 2-3 days per week
- Balance, agility, and multi-task training: 2-3 days per week; ideally, it should be worked on daily.

There is no specific exercise prescription for every person with PD. If you are not currently exercising, it is best to start slowly to allow your body to adjust appropriately to the increased intensity of exercise. If you are unsure how to safely start exercising or which exercise programs to engage in, scheduling an appointment with a PT can be beneficial.

What's New Wellness 360



Pelvic PT

Pelvic Physical Therapy addresses conditions like urinary incontinence, pelvic pain, organ prolapse, and sexual dysfunction. By empowering people with education and personalized treatment plans, we aim to enhance overall wellness, decrease pain, restore function, and improve quality of life.

- Bladder Incontinence and Urgency
- Sexual Dysfunction
- Pelvic Pain
- Back/Hip Pain
- Pelvic Organ Prolapse
- Pre and Post Natal Care

Schedule by calling

585-259-0782

*A referral may be required by your PCP, OB/GYN or urologist.

Coming in April!

Call today to see if Pelvic PT is right for you!



585-259-0782

www.wellness360fitness.com

191 W Main St, Webster

1328 University Ave, Rochester



Decker College of Nursing and Health Sciences
School of Rehabilitation Sciences
Division of Physical Therapy
PO Box 6000
Binghamton, New York 13902-6000
607-777-5446, Fax: 607-777-4440

Adults with Parkinson's Disease Needed for a Rock Steady Boxing Exercise Study

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 post-study data collection will be conducted 6 weeks after the end of the exercise program.

Class Times

- Monday 2:30-3:30
- Thursday 2:30-3:30
- Saturday 10:30-11:30

***Enrollment is ongoing**

*Must be available to participate 3 x week for 6 weeks.

Zoom or In person

Class is held at
1328 University Ave
Rochester

To enroll in this study, please contact:

Dr. Gurpreet Singh at (913) 832 7605

or Lindsay Perez at (585) 469-0201



Lindsay Perez, MSPT
Wellness 360 Physical Therapy
& Massage
lindsay@wellness360fitness.com
1328 University Ave, Rochester



Wellness 360 provides an all-encompassing wellness program for Parkinson's Diagnosis. We have programs that support the patient from early diagnosis through long-term disease management. We also offer one-on-one neuro-specialized Physical Therapy & In-Home Mobile Physical Therapy!

Rock Steady Boxing (LV 1/2)



Blossom Rd Location

Monday: 10 am
Wednesday: 10 am
Friday: 9:15 am

Webster Location

Tuesday: 10:30 am
Thursday: 10:30 am



www.wellness360fitness.com

Parkinson's Dance

Our Parkinson's Dance class is a fun way to incorporate movement into your day. The benefits include improved gait, balance, and cognitive function. This class is taught by a Certified Dance for PD Instructor, Pamela Scherer Hin.



University Location

Tuesday: 10:45 pm
Fridays: 10:45 pm

*All Levels Welcome



www.wellness360fitness.com

Rock Steady Boxing (LV 3/4)



Blossom Rd Location

Monday: 11:15 am
Wednesday: 11:15 am

Webster Location

360 Fitness Class

Tuesday: 11:45 am
Thursday: 11:45 am



www.wellness360fitness.com

Fine Motor Skills

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.



University Location

First Thursday of the Month
1 pm - 2 pm

*All Levels Welcome



www.wellness360fitness.com

Caring for Caregivers Night!

Enjoy a night of laughter, new friendships, and respite care. Our Caring for Caregivers events are held quarterly; we invite Caregivers with a loved one with any progressive diagnosis to join us for an evening of appreciation. This event is not a support group but a safe place to laugh and enjoy 2 hours of time alone.

- ▶ April 25th, 5:30 pm - 7:30 pm
- ▶ Caregivers: Cobblestone Restaurant
- ▶ Loved Ones: Webster Rec Center



♥ Needing a place for your loved one? Bring them along for supervised fun from the staff and volunteers at Wellness 360! Your loved one will be in the same building but in a different area. We will provide pizza, dessert, and water for your loved ones. There is a pool table, ping pong, TV, and comfortable seating for everyone's needs. There is a small cost of \$10 if you choose to bring your loved ones.

Caregivers, if you wish to attend, please email Jeanne at phillipsjeanne74@gmail.com
Check out our website under Special Events to register your loved one!

Parkinson's Awareness Day



This is a day to increase awareness about Parkinson's and its symptoms and educate communities about the resources available to them. Today commemorates the birthdate of Dr. James Parkinson, who first identified Parkinson's about 200 years ago.

West Side PD Support Group

April 9th 1 pm - 2:30 pm

Chili Community Center

Contact: Mike Shafer

mws.shafer@gmail.com

East Side PD Support Group

April 10th pm - 2:30 pm

169 E Main St, Webster, NY

Contact: Jo Zimmerman

chazimm@gmail.com

Fine Motor Skills

Equipment Hacks and Hand Mobility.

When: Thursday, April 11th, 1:00 pm

Where: Wellness 360 on University

Instructor: Lindsay Perez

Ontario Community Center Talk

Topic: To be Determined

Tuesday, April 30th, 10:15 am

Please register by calling (315) 524-7020

Caring for Caregivers

April 25th, 5:30 pm - 07:30 pm

Cobblestone Restaurant

Please register your loved one by going

to our Special Events Page at

www.wellness360fitness.com

Caregivers Support Group

Jeanne is BACK!!

Special Guest: Jason Livingston, Elder Attorney

April 30th, 4pm - 5pm

Webster Rec Center (1350 Chiyoda Dr)

Cost: FREE for all Caregivers, NO registration required.



585-259-0782

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