

## *Parkinson's Disease*

### Support & Exercise Group



### **Join Us!**

- Each Thursday
- 11:00 am to 12:00 pm
- St. Francis Conference Room,  
4th Floor of the St. Anthony  
Surgery Center building  
(Parking is available in the two  
lower levels.)

## Who Should Attend?

Anyone with Parkinson's disease or other neurological conditions. This group is made for patients and caregivers. Spouses and family members often attend!

## What is the Class?

This support group and exercise program enhances functional movement and helps to delay the progression of Parkinson's and other neurological conditions. The exercises can help improve mobility, reduce fatigue, enhance postural awareness, increase endurance, decrease the risk of falls, and promote self confidence and independence.

Exercise can help improve everything from balance and coordination to mood and cognition.



► The informal setting offers one another comradery and encouragement as well as emotional, social, and spiritual support.

### Contact us:

Melissa Schultes, LBSW, at  
(712) 794- 5815 or

St. Anthony Rehabilitation Services at  
(712) 794-5000.

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**ST. ANTHONY**  
Regional Hospital