

OHIOHEALTH
DELAY THE DISEASE™
 THE #1 PARKINSON'S EXERCISE PROGRAM



Evidenced-Based Concepts for Planning and Implementing a Parkinson's-Specific Community Exercise Class using the Delay the Disease Parkinson's Fitness Program

DATE: Friday, *September 7-Saturday, September 8, 2018*

Friday (1:00 – 5:00pm) YMCA of Grand Island, 221 E South Front St, Grand Island, NE 68801

Saturday (8:00 – 4:30p) YMCA of Grand Island, 221 E South Front St, Grand Island, NE 68801

Registration online at: <https://www.eventbrite.com/e/evidenced-based-concepts-for-planning-and-implementing-a-community-based-parkinsons-specific-tickets-4805224457>

Parkinson's Nebraska is proud to sponsor an affordable training options for professionals across the state to learn how to implement a successful exercise program for people living with Parkinson's Disease.

Thank you to the YMCA of Grand Island for its commitment to building strong communities, and for graciously hosting this important training event.

This is a CE course with education, exercise, and energy -This 1.5 day seminar will give you an introduction to OhioHealth's new Parkinson's Wellness program that is now available to people with Parkinson's Disease.

OhioHealth Delay the Disease™ offers an educational seminar that is interactive and fun. This course will provide evidenced-based updates on the effects of exercise on the symptomatic management of Parkinson's Disease (PD). Each participant will be able to integrate this knowledge along with teaching techniques to create and lead a comprehensive community-based PD-specific exercise program based on the Delay the Disease fitness agenda. The participants will select appropriate assessment tools and outcome measures for the evaluation of people living with PD. They will understand the importance of motivation, enthusiasm, optimism and methods of teaching. These methods will be used to design a fitness agenda to treat a specific symptom related to PD. Ultimately, each participant will acquire knowledge to successfully create and implement an interdisciplinary exercise and wellness program for people with PD.

Speakers:

Jackie Russell, RN BSN CNOR / Program Development Coordinator, OhioHealth Delay the Disease™

Leslie Wolf, PT, DPT, NCS

David Zid, BA, ACE, APG / Director, Movement Disorder and Musculoskeletal Wellness

OhioHealth Delay the Disease™

Delay the Disease™ is an evidenced-based fitness program for people living with Parkinson's disease. The program is designed to empower participants by optimizing their physical function and helping to delay the progression of symptoms.

Parkinson's Nebraska has arranged for a block of rooms to be held at the Ramada Midtown Conference Center. Please call 308-384-1330 by August 8th to guarantee the discounted rate of \$105.00/night.

A FAITH-BASED, NOT-FOR-PROFIT HEALTHCARE SYSTEM

RIVERSIDE METHODIST HOSPITAL + GRANT MEDICAL CENTER + DOCTORS HOSPITAL + GRADY MEMORIAL HOSPITAL
 DUBLIN METHODIST HOSPITAL + DOCTORS HOSPITAL-NELSONVILLE + HARDIN MEMORIAL HOSPITAL + MARION GENERAL HOSPITAL
 WESTERVILLE MEDICAL CAMPUS + 20 HEALTH AND SURGERY CENTERS + URGENT CARE + PRIMARY AND SPECIALTY CARE
 WELLNESS + HOSPICE + HOME CARE + 22,000 PHYSICIANS, ASSOCIATES AND VOLUNTEERS

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