

# EMPOWER BALANCE MOBILITY

## PARKINSON'S PROGRAM Delay the Disease

This evidence-based fitness program, led by a certified Delay the Disease instructor, is designed to empower people with Parkinson's disease and other neurological disorders as well as their caregivers and spouses. This class optimizes physical function while utilizing humor, enthusiasm and optimism to help motivate participants. Participation may lead to increased self-confidence and independence, decreased risk of falls, minimized fatigue, reduced rigidity and improved mobility. Feldenkrais will be taught by Barbara Morgan, MD, certified Feldenkrais practitioner & neurologist with 30 yrs. of experience, currently working in a movement disorder clinic in Boise.

### CLASS OPTIONS/LOCATIONS

#### Option 1:\*

- Monday
  - 10:00a-10:30a Delay the Disease
  - 11:00a-12:00p Feldenkrais
- Wednesday and Friday
  - 9:30a -10:30a Delay the Disease

#### Option 2:\*

- Monday
  - 10:30a-11:00a Delay the Disease
  - 11:00a-12:00p Feldenkrais
- Wednesday and Friday
  - 10:30a-11:30a Delay the Disease

#### Option 3:\*\*

- Tuesdays and Thursdays
  - 10:00-11:00a Delay the Disease

\*Healthy Living Center, 1150 West State Street, S203; Boise  
\*\*St. Luke's Meridian Medical Center; 520 S Eagle Rd, Meridian

### PROGRAM FEE

On a monthly basis:

- Members \$30.00 Non-Members \$55.00

On a 3 month basis:

- Members \$85.00 Non-Members \$155.00

### CONTACT

To inquire or register for the class call:  
Mary Biddle-Newberry @ **208 344 5502, ext. 276**  
or **mary.biddle@ymcatvidaho.org**

Financial Assistance Available!



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