

Happy New Year 2018!

Here is it another year starting and we have some exciting programs to kick off the start of the New Year. 2017 was a year of many changes but with perseverance and working together we continue to strive to provide support to you through our Core Services.

Appointments Welcome!

If you would like to visit our Client Service Coordinators for a one on one appointment or have a tour of our office, please call ahead and book an appointment at 780-425-6400.

Membership Renewal:

Memberships run yearly from January – December and cost \$25. Parkinson Association of Alberta members receive access to programs and events at a discounted rate and will receive a free Aware in Care kit. Talk to your Client Services staff to find out more.

Finding Support!:

Parkinson Association of Alberta offers many forms of support through our Core Services. We encourage you to join us at a Support Group in your area and share your journey with others as well as learn new and helpful skills.

Care Partner Support Group

This support group is uniquely focused on the present and future challenges that arise from living with someone with Parkinson. Information is shared from a number of therapeutic sources and draws from the experts – you—to share your triumphs and challenges with others. This intimate group meets on the 1st Thursday of the month, 10:00 am-12 noon, at the PAA- Edmonton office

Parkinson Plus Support Group (MSA, PSP, CBD, Lewy Body)

This Support Group is available through Tele-Support which means you can get the support you need from the comfort of your own home. Join us on February 8th 1:00am – 11:00am. To register please call 1-800-561-1911.

Tele-Support Group

Every month you can join in from the comfort of your own home. This allows you to stay informed without having to go out into the winter weather. This Support Group runs on the 3rd Thursday of the month, 10:00am – 11:00am. Simply call 1-800-561-1911 to register.



Would you like to be involved in research and make a difference? Visit our website <http://www.parkinsonalberta.ca/callforresearchparticipants> or contact us to hear about research opportunities available for those living with Parkinson's and their families in the Edmonton Region.



SUPPORT GROUPS



Support groups can be a valuable resource as they provide a place to meet others and share similar experiences. Below is a list of the support groups offered in our Region. For more information call 780-425-6400.

If you would rather take part in a support group from the comfort of your own home, you are invited to join the **'Tele Support Group'** which takes place on the 3rd Thursday of the month from 10:00am – 11:00am.

Call 1-800-561-1911 for information or to register.

<p>Camrose 3:30pm – 5:30pm 2nd Wednesday of the month St. Andrew's Anglican Church, 4713 50 St. January 10 / February 14 / March 14</p>	<p>Parkinson Plus Tele-Support Group PSP, MSA, CBD, Lewy Body 10:00am – 11:00am Call 1-800-561-1911 for information or to register February 8</p>
<p>Care Partners 10:00am – 12:00 pm 1st Thursday of the month PAA Edmonton Office, 11209-86 St. January 4 / February 1 / March 1</p>	<p>Parkland 6:30 pm – 8:30 pm 4th Thursday of the month Rehoboth Ministries, 3920 – 49 Ave, Stony Plain January 25 / February 22 / March 22</p>
<p>Edmonton Central 7:00pm – 9:00pm 3rd Wednesday of the month PAA Edmonton Office, 11209-86 St. January 17 / February 21 / March 21</p>	<p>Sherwood Park 1:00pm – 3:00pm 2nd Tuesday of the month Bethel Lutheran Church, 298 Bethel Dr. January 9 / February 13 / March 13</p>
<p>Edmonton North 10:00am – 11:30am 3rd Friday of the month Shepherd's Care, 12603 135 Ave, Edmonton January 19 / February 16 / March 16</p>	<p>St. Albert 10:00am – 12:00pm 3rd Tuesday of the month St. Albert 50+ Club, 7 Tache St. January 16 / February 20 / March 20</p>
<p>Edmonton South (Rutherford) 1:00 pm – 3:00 pm 1st Wednesday of the month Rutherford Heights, 949 Rutherford Rd. January 3 / February 7 / March 7</p>	<p>Young Onset (50 years and under) 6:30pm – 8:30pm PAA Edmonton Office, 11209-86 St. February 24</p>
<p>Fort Saskatchewan 1:00pm – 3:00pm, 4th Tuesday of the month Pioneer House, 10102 -100 Ave. January 23 / February 27 / March 27</p>	<p>Westlock 1:30pm – 3:30pm Last Monday of the month Room 140, Provincial Bldg. 2, 10003 – 100th St. January 29 / February 26 / March 26</p>
<p>Leduc 6:30pm – 8:30pm 4th Tuesday of the month Telford House, 4907 46 St. January 23 / February 27 / March 27</p>	<p>Tele-Support Group 10:00am – 11:00am 3rd Thursday of the month Call 1-800-561-1911 for information or to register January 18 / February 15 / March 15</p>

PROGRAMMING

As you move into 2018, we would like to remind you that all programs **require pre-registration** a minimum of one week in advance of the program start date. **Payments must be made at the time of registration** as we run cost-recovery programming and need to ensure that we can pay our program facilitators. We are **not able to pro-rate** classes because we are cost recovery. If there is a medical procedure during the class session, please speak to a Client Services Coordinator.

We will accept post-dated cheques for the programs. Payment can be made by cash, credit card or cheque, in person, over the phone or via Canada Post. We do not have debit or eTransfer.

Please remember that we require a **minimum number** of participants to run. If these programs do not meet participant requirements one week prior to the program start date, we will have to **cancel** the program.

Registration for these programs will be accepted on a **first-come, first-serve basis**.

Below is a list of programs that we will be offering throughout January to March. Simply call the office at 780-425-6400, unless otherwise indicated in the Program Calendar. Just a reminder that our most up-to-date offerings are available anytime on our website. Just go to www.parkinsonalberta.ca and click the blue button on the right that says "EDMONTON"!

These icons indicate which category(ies) a program falls under; you will find them beside each program listing below.



PD & the Arts



PD & Education



PD & Movement



PD & Social

Education Programs:



Speaker Series: Tax Measures for Persons with Disabilities

January 11, 2018 - Thursday

Edmonton: PAA Edmonton Office, 11209-86 St.

1:00pm – 3:00pm

Cost: Free

This presentation is intended to help individuals with a disability, or the people who support them, find answers to some of the key questions related to tax measures that may apply to them.

Presenter: Cheryl Wells, Service Canada, Regional Outreach Program Officer



Webinar: Parkinson's disease Psychosis: Hallucinations, Delusions and Paranoia

February 27, 2018 – Tuesday

Edmonton: PAA Edmonton Office, 11209-86 St.

11:00am – 12:00pm

Cost: Free

Learn more about Parkinson's disease psychosis by joining a one-hour Parkinson's Foundation online seminar led by Christopher G. Goetz, M.D., Professor of Neurological Sciences, Professor of Pharmacology, Rush University Medical Center, and Parkinson's Foundation Center of Excellence. Registration will open in the fall.

***Register in advance to secure your spot to watch and also receive reminders to tune in!**

To watch this from the comfort of your own home go to: http://www.pdf.org/parkinson_briefing_psychosis17



Speaker Series: Emergency Medical Services

March, 21, 2018 - Wednesday

Edmonton: PAA Edmonton Office, 11209-86 St.

1:00-3:00 pm

Cost: Free

This presentation will focus on what to expect when you call 911, from the time of the call to your arrival in hospital. It will touch base on working with the 911 operator, arrival of the paramedics, what to expect and how to prepare. Special attention will be given to creating a personal directive plans.

Presenters: Alex Campbell, ACP – Public Education Officer, AHS EMS Edmonton.



Hope Conference – Future Forward

May 26, 2018 - Saturday

Edmonton: Central Lions Recreation Centre, 11113 113 St. NW Edmonton

9:00am – 3:30pm

Cost: \$35 member \$45 non-member

This year Parkinson Association of Alberta will be hosting a Hope Conference in both Edmonton and Calgary. More information will be available come March so save the date! We have some very exciting speakers lined up that will be giving you skills to use every day to help live well with Parkinson’s disease.

Exercise Programs:



Alexander Technique

Alexander Technique is an educational process with therapeutic side-effects, giving participants tools to find balance, reduce tension and stress and make life easier. As well as dealing with pain and general discomfort, this work has had significant success in reducing and managing common Parkinson’s symptoms like cramping, tremor, freezing, and hunching. Candace Cox, certified Alexander Technique Teacher continues to come to Edmonton to work with Parkinson’s clients at the Parkinson Alberta office. Classes are currently full with existing students, however openings will become available in the New Year. Please call Parkinson Alberta to add your name to the wait list for workshops or 1-1 visits.

AVENUE BOXING CLUB



PD & Boxing *(In partnership with Avenue Boxing)*

<p>Session 1 January 3 – February 14 (6 Weeks) Mondays and Wednesdays 9:30am - 11:00am Cost: \$150 members \$160 non-members Edmonton: Avenue Boxing Club 8812 – 118 Ave Instructors: Gaspar Bonomo, Boxing Coach Payments made at PAA office <i>*No class February 12th</i></p>	<p>Session 2 February 19 – March 28 (6 Weeks) Mondays and Wednesdays 9:30am - 11:00am Cost: \$150 members \$160 non-members Edmonton: Avenue Boxing Club 8812 – 118 Ave Instructors: Gaspar Bonomo, Boxing Coach Payments made at PAA office</p>	<p>Optional Friday 9:30am – 11:00am Cost: \$75 Edmonton: Avenue Boxing Club 8812 – 118 Ave *Please note! In order for this class to take place the Monday and Wednesday class must be fully filled. When registering let the receptionist know if you’re interested in the extra Friday class. Continue to next page...</p>
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For people with PD this boxing class will focus on fast action exercises to build strength, power, flexibility and balance. A \$10 annual membership to Boxing Canada is required and may be purchased at the club along with gloves and hand wraps at \$42

*Please note – New participants will take part in a short assessment at the boxing club.

*A minimum of 12 participants required, maximum of 14 participants.

 **PWR!™ (Parkinson Wellness Recovery) – Level 1, Level 2 & PWR! Circuit™**

<p>Session 1 January 9 – February 20 (6 weeks) Tuesdays & Thursday Moves Level 1: 9:30am – 11:00am Moves Level 2: 11:15am – 12:45pm Circuit: 9:00 am – 10:30 am Cost: \$130 members, \$140 non-members Edmonton: PAA Edmonton Office 11209-86 St.</p>	<p>Session 2 February 22 – March 29 (6 weeks) Tuesdays & Thursday Moves Level 1: 9:30am – 11:00am Moves Level 2: 11:15am – 12:45pm Circuit: 9:00 am -10:30 am Cost: \$130 members, \$140 non-members Edmonton: PAA Edmonton Office 11209-86 St.</p>
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PWR!™ Moves and Circuit is a class designed to help you move better, think faster, feel more confident and energetic. Participants must be able to get onto the ground and up again with minimal assistance. New participants must undergo a brief assessment. This assessment will determine which group is right for you!

*Minimum 10 participants per class.

Instructor: Margaret Orr

Click to watch this PWR! video: <https://www.youtube.com/user/exercise4brainchange>

 **Sit, Stand & Strengthen**

<p>Session 1 January 17 – February 28 (6 weeks) Mondays & Wednesdays – Large room 10:30am – 11:30am Cost: \$150 members \$160 non-members Edmonton: PAA Edmonton Office 11209-86 St. *No class: February 12th (Family Day)</p>	<p>Session 2 March 5 – April 11 (6 weeks) Mondays & Wednesdays – Large room 10:30am – 11:30am Cost: \$150 members \$160 non-members Edmonton: PAA Edmonton Office 11209-86 St. *No class: April 2nd (Easter Monday)</p>
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Start with a beginner exercise class with a focus on sitting exercises to reduce stiffness and improve strength. Practice standing balance and walking tasks that challenge you in a safe environment. Exercises will target specific movement challenges experienced by persons with PD. This class is ideal for those who cannot get down on the floor and participate in PWR Moves.

*Minimum of 6 and maximum 8

Assessment Fee: \$30

Instructor: Cari Cooke.

 **Private Onsite Physiotherapy**

Cari Cooke is a registered Physical Therapist with over 20 years’ experience. She has a special interest in the assessment and treatment of Persons with Parkinson’s disease. She has experience with all stages of PD as a research assistant, instructor of group classes, and as a DBS Coordinator. She has certifications in LSVT/BIG, Urban Poling, and Neurodevelopmental Theory. If group classes are not able to address your specific movement concern, consider an individual visit with Cari. **Appointments and payment can be made at our reception desk.**

Social Programs:



Social Sing-a-long

<p>January 5 – March 23, 2017 Every Friday 10:00am – 11:30am Cost: \$2 Drop-in Edmonton: PAA Edmonton Office, 11209-86 St.</p>	<p>This drop-in, You-Tube led, group-sing-a-long program is a great way to have fun, increase social bonding, helps cognitive functions and keep your vocal chords active. No singing skill required.</p>
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Swivel, Step, Swing Potluck

<p>February 9 Friday 1:00pm – 3:00pm Cost: Free! Edmonton: PAA Edmonton Office, 11209-86 St.</p>	<p>Come and join us for some great music and dancing. Bring your favorite dish to share as we celebrate our dancing skills with food, beverage, joy and laughter!</p>
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Young Onset / Young at Heart Social

<p>4th Monday of the month *Note that dates and times may change January 22 / February 26 / March 26 6:30pm – 8:30pm Location: To be determined.</p>	<p>Join others with Parkinson's and their Care Partners in a fun filled atmosphere. There are a variety of different activities in various areas of Edmonton that take place once a month. This is welcomed for all those who are young at heart! Please call office for details.</p>
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In Camrose!



Parkinson's Exercise Program *(In partnership with the Camrose Primary Care Network)*

<p>Date: January 9th Tuesdays and Thursdays 11:00am – 12:15pm Camrose: Recreation Centre (4512 – 53 Street) Information and Registration: Camrose PCN 780-608-4927</p>	<p>This Parkinson Exercise Program is a twice weekly group class designed to help you move better, think faster, feel more confident and energetic. Bring a water bottle, floor mat, and walking poles and remember to wear comfortable clothing! Instructor: Connie Harrison is a PWR! trained physiotherapist www.camrosepcn.com</p>
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CAMROSE | BASHAW | DAYSLAND
 FORESTBURG | HARDISTY | TOPFIELD

In Fort Saskatchewan!



Parkinson's Pole Walking *(In partnership with Dow Centennial Centre)*

<p>January 8 – March 19 (11 weeks) Mondays 10:15am – 11:15am Cost: \$86 Fort Saskatchewan: Dow Centre, 8700 – 84 St. Registration: www.fortsask.ca 780-992-6400 OR 780-992-6280</p>	<p>Being active is one of the most important things you can do to maintain your physical and mental wellbeing. Studies show that people with Parkinson's need to exercise to prevent the negative effects of inactivity. Walking with poles gives greater stability as well as a boost in the calorie burn by engaging your arms, shoulders and back muscles increasing upper body strength. Gain strength, flexibility and balance by being active</p>
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Up, Rock, Twist and Step *(In partnership with Dow Centennial Centre)*

January 11 – March 29 (11 weeks)

Thursdays

Fort Saskatchewan: Dow Centre, 8700 - 84

Street

2:45pm - 3:45pm

Cost: \$72

Registration: www.fortsask.ca 780-992-6400

OR 780-992-6280

A research based approach to exercise as medicine for Parkinson's Disease and other movement disorders. Exercises that promote aerobic capacity and motor learning control will be taught in a fun progressive way. The focus will be on large expansive body movements using high effort and sensory awareness. Participants will learn how to use these foundational exercises to target the symptoms that interfere with daily movement.

In Parkland!



Exercise for Health *(In partnership with the Tri Leisure Centre)*

January 16 – March 22 (10 weeks)

Tuesdays and Thursdays

1:15pm-2:15pm

Cost: \$150 Tri Leisure members, \$190 non-members

Spruce Grove: TransAlta Tri Leisure Centre, 21

Jennifer Heil Way

Contact TLC Wellness Supervisor for more information at 780-948-3218. Course #44486

This specialized exercise program is designed for those with chronic health conditions to help manage symptoms and improve overall physical health through exercise. Featuring instruction and guidance from the TLC's Certified Exercise Physiologist, this program guides you in a safe, small group environment. Suitable for those with PD, Arthritis, Osteoporosis, Stroke or similar chronic conditions.



Rock Steady Boxing *(In partnership with the Rock Steady Boxing Spruce Grove)*

Mondays, Wednesdays

1:00pm – 2:30pm

Cost: \$80/month

Spruce Grove: 128 Queen St.

Registration: 780-233-7534

Instructor: John Bourbeau is trained in Rock Steady Boxing.

Training classes, taught by Certified Personal Trainers, include an exercise program that attacks PD at its vulnerable neurological points. While focusing on overall fitness, strength training, reaction time and balance, workouts include: ring work, focus mitts, heavy bags, speed bags, double-ended bags, jump rope, core work, calisthenics and circuit weights training. No boxing experience necessary!



Board Games

2nd Monday of the month

January 8, February 12, March 12

1:00pm – 3:00pm

Stony Plain: (FCSS Building) #4613, 52 Ave – 107 Forest Green Plaza

Do you sometimes have difficulty finding the words you want to say? Would you like to have an opportunity to use strategic thinking, challenge your mind and improve your fine motor skills? Speech and Occupational Therapists use board games to practice these skills. Join us for a fun afternoon of learning and playing recommended board games.



Minds in Motion *(In partnership with the Tri Leisure Centre)*

February 6 – April 3 (9 weeks)

Thursdays

1:00pm – 2:45pm

Cost: \$63 member \$81 non-member

Spruce Grove: TransAlta Tri Leisure Centre, 21 Jennifer Heil Way

Contact TLC Wellness Supervisor for more information at 780-948-3218.

* Care partners attending with a person living with dementia are free.

Minds in Motion is trademark program from Alzheimer's Society of Canada. Combining physical, mental and social stimulation helps people living with dementia live a better life. And their care partners too! Minds in Motion is a fitness and social program designed for people in the early to mid-stages of Alzheimer's disease or related dementias and their care partners. The program consists of a 45 – minute fitness program led by a certified fitness instructor, followed by an hour of socializing, refreshments and fun cognitive activities. The cognitive portion will be facilitated by Alzheimer's Society staff and volunteers. This class is for people living with dementia and a care partner, family member or friend.

In Sherwood Park!



BYOB – Build Your Own Balance – NEW! *(In partnership with Millennium Place)*

January 12 – March 23 (11 weeks)

Fridays

10:15am – 11:15am

Cost: \$99 PAA Members

Sherwood Park: Millennium Place 2000 Premier Way

Registration: Contact Terry at 780-416-7234.

This program uses the PWR! Moves series of exercises for people with Parkinson's as its foundation to benefit everyone looking for better balance, stability, strength and mobility, Various exercises are linked together into gradually longer sequences that mimic everyday movement and improve overall function.



Fighting Back – Shallow Water *(In partnership with Millennium Place)*

January 12 – February 16 (6 weeks)

Fridays

10:00am – 10:45am

Cost: \$51 PAA

Sherwood Park: Emerald Hills Leisure Centre
3555 Emerald Drive

February 23 – March 23 (5 weeks)

Fridays

10:00am – 10:45am

Cost: \$42.50

Sherwood Park: Emerald Hills Leisure Centre
3555 Emerald Drive

This warm water exercise program provides a powerful dose of benefits for those with Parkinson's disease including muscle relaxation and reduced stiffness. Resistance, created by boxing and other movements in the water, will also help improve muscular endurance and strength.

Registration: 780-464-2112 or www.strathcona.ca/emeraldhills



Fighting Back (Exercise program) *(In partnership with Millennium Place)*

January 8 – February 12 6 weeks)

Mondays

10:15am – 11:15am

Cost: \$48 for PAA members

January 10 – February 14 (6 weeks)

Wednesdays

9:30am – 10:30am

10:45am – 11:45am

Cost: \$48 for PAA members

Continue to next page...

February 26 – March 26 (5 weeks) Mondays 10:15am – 11:45am Cost: \$40 for PAA members	February 21 – March 28 (6 Weeks) Wednesdays 9:30am – 10:30am 10:15am – 11:15am Cost: \$48 for PAA members
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If you live with Parkinson’s or other chronic conditions, this boxing and circuit training program will help you feel and function better. With a focus on fast action exercises as well as strength, power and flexibility, this program is designed to enhance quality of life.

Registration: Terry at 780-416-7234. A pre-screening form must be completed prior to class commencement. The program is overseen by a Certified Exercise Physiologist and requires *a minimum of 8 participants and a maximum of 16*

Sherwood Park: Millennium Place 2000 Premier Way



Walking Club

January 2 – March 27 Tuesdays 7:00am – 8:00am Cost: Free Sherwood Park: 2020 Sherwood Dr.	Come together this winter and enjoy a warmer walk indoors at the Sherwood Park Mall. Afterwards sit down and socialize with other friendly Mall Walkers.
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For further program information in Sherwood Park please check out:

<https://www.strathcona.ca/files/files/strathcona-county-winter-2018-recreation-guide-small.pdf>

In St Albert!



Boxing for Parkinson’s *(In partnership with Servus Credit Union Place)*

January 19 (11 weeks) Fridays 11:45am – 12:30pm Cost: \$96.25 St. Albert: Servus Place 400 Campbell Road Register online or by calling 780-418-6088 Please have a Par-Med X or doctor’s clearance filled out and completed to bring to the first class. Course # 44636	The goals of this class will be tailored for participants with PD and other neuromuscular issues based on research in the area and developing group exercise programs. The class will learn fundamental movement skills, establish and increase body awareness as well as balance and flexibility. You will increase joint mobility and cardiorespiratory fitness while also building strength and power. This class is open to those with other chronic diseases.
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Foundations for Parkinson’s *(In partnership with Servus Credit Union Place)*

Session 1 January 9 – February 13 (6 weeks) Tuesdays 10:45am – 11:30am Cost: \$54.00 St. Albert: Servus Place 400 Campbell Road A Par-Med X for exercise is required from those new to the class Course # 45663	Session 2 February 20 – March 20 (5 weeks) Tuesdays 10:45am – 11:30am Cost: \$45.00 St. Albert: Servus Place 400 Campbell Road A Par-Med X for exercise is required from those new to the class Course # 45664
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This class encompasses large functional movements and high effort intensity to challenge and re-train the brain to make you move! Combating against the effects of Parkinson Disease, moving your muscles and creating cognitive challenges for your brain will help you feel better and focus more.

This class will help you increase your activity level, aid in better kinesthetic awareness and get your heart rate up all while having fun and meeting new people. This class is not exclusive to those with just Parkinson's disease and is open to other participants with neurological disorders.



Minds in Motion *(In partnership with Servus Credit Union Place)*

<p>January 11 – March 15 (10 weeks) Thursdays 1:00pm – 2:45pm Cost: \$90 St. Albert: Servus Place 400 Campbell Road Contact: Megan Lauer or Bryce McLeod 780-418-6055</p>	<p>Are you a care partner or person with early to mid-stage dementia? Partnered with the Alzheimer Society of Alberta, come join us for 45 minutes of physical activity followed by 45 minutes of a social and cognitive group activity. One of the first of its kind in Alberta, participants and care partners will enjoy this community based program in a safe and welcoming environment.</p>
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As a note: Servus Place offers other programs for mobility illnesses that you may join such as Yoga for Myself and Seniors Gentle Yoga.

Click the link for more details: <https://stalbert.ca/apps/PDFGuide/output/servusplaceguide.pdf>

In West Edmonton!



On Pace with Parkinson's *(In partnership with the West-end Seniors Activity Centre)*

<p>Session 1 January 11 – February 15 (6 weeks) Thursdays 2:45pm – 3:45pm Cost: \$48 Edmonton: 9629-176 St Registration: 780-483-1209</p>	<p>Session 2 March 1 – April 5 (6 weeks) Thursdays 2:45pm – 3:45pm Cost: \$48 Edmonton: 9629-176 St Registration: 780-483-1209</p>
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Have you been diagnosed with Parkinson's and unsure what one can do? Exercise is one of the top prescriptions to help keep people motivated and provide the strength needed to continue enjoying hobbies and opportunities in life. An instructor led workout that delivers exercises best suited to abilities in a progressive manner to keep members moving. More information at www.westendseniorsactivitycentre.com