

MOTION & MINDFULNESS



JEN MOORE
INSTRUCTOR

Living with Parkinson's can present various challenges, but with the right strategies, you can maintain a safer more fulfilling life. Naturally, as we grow older, we often begin to experience balance issues and become more prone to falling. And gait and balance issues can be quite common in with people Parkinson's (PWP) which puts them at even greater risk for sustaining a fall – a double whammy!

It's no secret that one of the best ways to manage the movement symptoms associated with Parkinson's disease (PD) and reduce the risk of sustaining a fall is to MOVE - to consistently exercise. Movement and exercise is the **best medicine** for leading a higher quality of life living with PD.

Along with movement and exercise, it's equally important that we are mindful of what we are doing, and how we are doing it. Mindfulness is an important attribute to employ for anyone - especially those with PD.

"Motion & Mindfulness" incorporates a variety of exercises designed to strengthen the core and the lower extremities, while promoting flexibility to ultimately improve balance and gait. In this program, attendees will also be exposed to complimentary meditative practice, and guided imagery designed to enhance and strengthen their cognition and ability to employ mindfulness. Long time certified Dance for PD instructor and seasoned personal trainer, and group exercise instructor Jen Moore will be facilitating.

"Motion & Mindfulness" is free of charge to all PAGDB members and will take place on Monday's from 2:30pm-3:30pm in the Senior Activity Center at Pictona. This program is made possible by Florida Health Care, Halifax Health/Brooks Rehab, Pictona and the Parkinson Association of Greater Daytona Beach (PAGDB). For more information or any questions please contact Vince Kinsler at 386-871-3879.

 **MONDAYS**
2:30-3:30PM

 **PICTONA**
1060 RIDGEWOOD AVE. (U.S. HWY. 1)
HOLLY HILL, 32117