



# PARKINSON'S FAMILIES of Northwest Kansas

Sept. 2021 - June 2022

## Moving to Live

### Free Parkinson's Therapies & Support Groups Program Schedule

**1**

Call or Text Brenda Mazanec, (785) 443-4010, at The Movement Connection to schedule your free Physical Intake Screening Assessment. A requirement to participate in Moving to Live programs, this must be completed before you can attend any class.

**2**

After you've completed your intake assessment, you're welcome to sign up for classes and support group sessions. Class sizes are limited; please remember to cancel your RSVP if you are not able to attend. To register for classes, contact one of the Parkinson's Families program coordinators listed at the bottom.

#### Fridays @ 10 a.m. | Pioneer Memorial Library

**1st Friday** PD Physical Therapy, Dr. Flieg

**2nd Friday** Art Therapy, Jeanne Cox

**3rd Friday** Peer/Caregiver Support Group

**4th Friday** Music Therapy, Jerrilee Shuman

**5th Friday** Special Presentations

#### Wednesdays @ 10 a.m. | The Movement Connection

PWR! Moves Fitness Therapy with Brenda Mazanec. Please arrive early if you need extra time to get comfortable or visit before class. Caregivers are encouraged to attend if personal assistance is needed.

#### Wednesdays @ 11 a.m. | The Movement Connection

Coffee and Conversation support group for people with Parkinson's Disease and their caregivers.

**3**

### Contact Us

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