

THE YMCA PARKINSON WELLNESS PROGRAM

The Altru Family YMCA Parkinson Wellness Program focuses on improving the physical, mental and emotional well-being of people living with Parkinson's.

Our curriculum includes several formats that address the various challenges experienced by those affected with the disease.

We currently offer classes Monday through Friday, including Brain Power, Rock Steady Boxing, and Parkinson Wellness (Delay the Disease) that are specific to Parkinson's. However, there are several other classes that we encourage our participants to enjoy.



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ALTRU FAMILY YMCA



FOREVER ACHIEVING

For a better us.

Y PARKINSON WELLNESS

PARKINSON WELLNESS RECOVERY
ROCK STEADY BOXING
DELAY THE DISEASE



YMCA PARKINSON WELLNESS

PARKINSON WELLNESS

PREPARE • ACTIVATE • FLOW • BOOST

The Altru Family YMCA Parkinson Wellness Program is based on the Parkinson Wellness Recovery (PWR!) and Exercise4BrainChange™ curriculums which focus on sensory awareness, physical effort, attentional focus, cognitive engagement, emotional engagement, and more.

PWR! moves are progressive and designed to increase intensity, effort, speed, accuracy and resistance for improvement in everyday physical function and activity. Modifications are provided to accommodate all fitness levels and abilities.

ROCK STEADY BOXING

FIGHTING BACK

Rock Steady Boxing classes are taught by certified trainers and focus on overall fitness while building strength, improving reaction time, and developing better balance.

Studies show that intense exercise may be “neuro-protective”, working to delay the progression of Parkinson’s symptoms. Boxing works by moving the body in all planes of motion while continuously changing routines.

This non-contact fitness format utilizes heavy bags, speed bags, jump ropes, core and calisthenics exercises, circuit training, and more. No boxing experience is necessary.

DELAY THE DISEASE

FUNCTIONAL FITNESS

Parkinson’s-specific exercises are designed to retrain the mind and body. Many participants report a regained ability to successfully manage the disease, take back control of their body movements, and improve their quality of life.

Delay the Disease fitness plans include symptom-specific exercises and also address daily functional challenges such as rising from a chair, getting out of a car, moving about in crowds, getting dressed and getting up off of the floor.



STAFF & COMMUNITY SUPPORT

Y Parkinson Wellness classes are led by trained, certified instructors. Our collaboration with community professionals at Altru Health System and the University of North Dakota helps ensure that we are offering effective programming while reaching as many people as possible who need our assistance. Students at the UND Department of Physical Therapy are actively engaged with our participants, assisting them with their expertise while gaining real world experience. A 2016 research study conducted by the department showed that participants in the YMCA Parkinson Wellness programs gained marked improvement in: quality of movement; sitting to standing; walking; speech; and quality of life.

“I feel better, I’m more alert, and I feel I move around better.” – Quote by a study participant.

For detailed information or to schedule a visit, call (701) 775-2586.

