

# Parkinson's Disease Group Wellness Programs

## Maintain and improve mobility and speech with our programs!

Casa Colina Hospital and Centers for Healthcare offers group wellness programming to help individuals with varying levels of Parkinson's disease (PD) maintain and improve mobility, motor function, and vocal quality.

Programming rotates between physical therapy, occupational therapy, and speech therapy.

Call to join any of our programs and get your initial assessment today.

### Group Wellness (Pomona and Azusa campuses)

**Cost: \$15 per two-hour session**

Our popular group wellness program provides a general framework for wellness and an overview of therapeutic techniques and equipment for individuals with Parkinson's disease.

- Facilitate balance, strength, and core stability
- Improve gross and fine motor skills to assist with activities of daily living
- Build breath support for more audible speech and improved vocal quality
- Boxing, dancing, tai chi, yoga, and other exercises tailored specifically for individuals with PD
- Peer support and educational resources available to everyone, including family and caregivers

**Offered at Pomona: Wednesdays from 11 a.m. to 1 p.m.**

**Offered at Azusa: Thursdays from 11 a.m. to 1 p.m.**

*Subject to holiday closures*

### High-Intensity Exercise Group (Pomona campus)

**Cost: \$10 per one-hour session**

Did you know high-intensity exercise is shown to be neuro-protective and neuro-restorative? Designed for individuals with Parkinson's disease who require minimal assistance, this program integrates evidence-based aerobic exercise with general wellness activities, including:

- LSVT BIG and PWR! moves to improve motor skills and mobility
- High-level balance and aerobic exercise to target fitness and neuroplasticity

**Offered at Pomona: Saturdays from 11 a.m. to Noon**

*Subject to holiday closures*

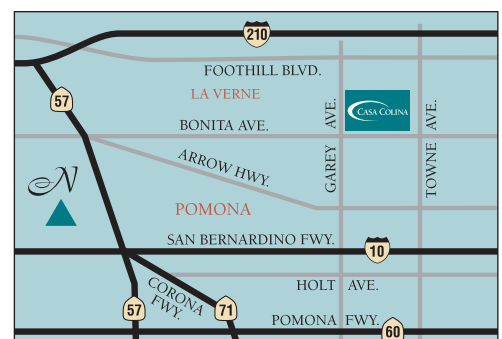
**For more information, please contact Casa Colina Outpatient Services at 909/596-7733, ext. 3500.**

**For information specific to our Azusa program, call 626/334-8735.**

**Casa Colina Azusa Center**  
910 East Alost Avenue (at Citrus) in Azusa



**Casa Colina Hospital and Centers for Healthcare**  
255 East Bonita Avenue (at Garey) in Pomona



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