

Parkinson's Disease Group Wellness Programs

Empowering Movement, Embracing Life

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.

Group Wellness (Pomona and Azusa campuses)

Cost: \$25 per two-hour session

Our popular group wellness program provides a general framework for wellness with rotation of instruction from Physical, Occupational, and Speech therapists.

- Improve gross and fine motor skills to assist with activities of daily living
- Build breath support for more audible speech and improved vocal quality
- Peer support and educational resources available to everyone, including family and caregivers

Pomona: Wednesdays from 11 a.m. - 1 p.m.

Azusa: Thursdays from 11 a.m. - 1 p.m.

High-Intensity Exercise Group (Pomona campus)

Cost: \$15 per one-hour session

Designed for individuals with Parkinson's Disease who can tolerate higher levels of activity, this program integrates evidence-based aerobic exercise with general wellness activities, including:

- High intensity circuit format focusing on strength, aerobic endurance, balance, coordination, and flexibility
- LSVT BIG and PWR! Moves to improve motor skills and mobility

Pomona: Saturdays from 11 a.m. - 12 p.m.

Paced Wellness Group (Pomona campus)

Cost: \$15 per one-hour session

Our popular group wellness program converted to adapt to the needs of individuals who have difficulty keeping up in the standard group.

- Facilitate aerobic endurance, balance, strength, and core stability
- Improve gross and fine motor skills to assist with activities of daily living
- Peer support and educational resources available to everyone, including family and caregivers

Pomona: Mondays from 10:15 - 11:15 a.m.

Boxing Circuit Group (Pomona campus)

Cost: \$15 per one-hour session

The boxing class is designed to promote high intensity-workouts consistent with evidence based research

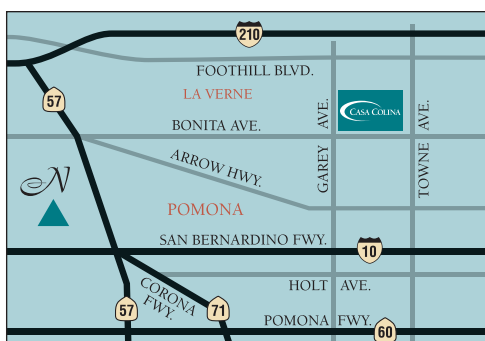
- Facilitates dynamic balance, arm and leg strength, and cognitive dual tasking
- High intensity exercise monitored by HR monitors to be consistent with evidence based practices

Participants must bring their own boxing gloves.

Pomona: Mondays from 4 - 5 p.m.

All programs subject to holiday closures

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



For more information, please contact:
909/596-7733, ext. 3500.

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



www.casacolina.org •    

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

