

**Program Facilitators:** HCR Home Care Therapists

**Description:** This program will consist of one-hour exercise sessions conducted twice weekly for a period of eight weeks. The intervention will include exercises for balance, posture, stretching, strengthening, and relaxation. Participants will be included in a group exercise class. The class instructor will perform a basic screening assessment that will be repeated at the end of the eight-week session. The outcomes will provide measurable evidence of improvement to the participants.

**Purpose:** The goal for this group exercise program is to increase balance, improve posture, advance walking capability, and implement relaxation techniques designed to minimize the symptoms of Parkinson Disease. Additionally, participants will be provided with education on Parkinson Disease including a review of new research and tips on improving daily activities.

**Risks:** Participants may experience muscle soreness after participation in group exercise. Participants also understand that a risk for falls exists during participation in this program. As in all programs of this kind, there may be unforeseen risks to the participant. Participation in this program is voluntary and participants may withdraw consent to participate at any time.

**Benefits:** Participants may experience an improvement in strength, range of motion, and balance. Participants may also gain knowledge of Parkinson Disease and techniques to control the symptoms of the disease.

**Conditions of Participation:** Participants must submit completed *Informed Consent* and *Medical Clearance* forms to participate in the program.

**Participant Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Name (please print): \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Email (optional): \_\_\_\_\_