

In Wisconsin, there are at least 20,000 people living with Parkinson's disease – a progressive neurological disease that can lead to shaking, stiffness, and difficulty with walking balance and coordination. Across the country, there are more than a million people affected by the disease and another 60,000 new cases are diagnosed each year.



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The Greater Green Bay YMCA, in partnership with Prevea Health, now offers [Exercising with Parkinson's](#), a customized exercise program for those with Parkinson's as part of the [Exercise PD](#) program. Exercising with Parkinson's classes, held at the West Side YMCA in Howard, include resistance training, the use of specially-designed treadmills and evidence-based techniques created by Teresa Steffen, PT, PhD. *Exercising with Parkinson's* classes at the West Side YMCA are led by Prevea Health physical therapy experts.

Funding for the *Exercising with Parkinson's* program at the West Side YMCA is made possible by the Wellness for Neurological Change Fund established by Harold and Arleen VandenHeuvel.

Exercising with Parkinson's Dedication Event

The media is invited to join us for an event to kick off this amazing new program and learn more about the difference it will make for those living with Parkinson's disease in our local communities. We will also honor Harold and Arleen VandenHeuvel whose generous donation has made this program possible in our community.

- Tuesday, March 10
- 12:15 p.m.

- Dedication will take place at 12:15 p.m., with the regularly-scheduled *Exercising with Parkinson's* class to follow at 12:30 p.m.
- West Side YMCA, 601 Cardinal Ln., Howard

Interviews will be available with YMCA leaders, Prevea Health physical therapy experts, as well as Teresa Steffen, PT, PhD, who created the evidence-based techniques that are used in *Exercising with Parkinson's* classes to improve full-body mobility and promote wellness in the Parkinson's population. You are also welcome to capture the sights and sounds of the *Exercising with Parkinson's* class that will begin immediately following the dedication.

Exercising with Parkinson's Class Details

- Beginning March 3!
- Held Tuesdays & Thursdays, 12:30 to 1:30 p.m. at the West Side YMCA
- \$49/month for Y Members; \$89/month for general public
- Spouse/caretaker has free weekly access to Y during program times
- Classes led by Prevea Health physical therapy experts

For more information, please

visit: <https://www.greenbayymca.org/programs/specialty/exercising-with-parkinsons/>