

DUE TO DEMAND A SECOND CLASS HAS BEEN ADDED!

Beginning Feb 12, 2018

Classes will be held every Monday and Wednesday

Group #1 9:30 AM - 10:30 AM

Group #2 11:00 AM - 12:00 PM

St. John Paul II Church

Annex Building

3042 Hikes Lane, Louisville KY 40220

Join us for Rock Steady Boxing Lite! This FREE exercise class will incorporate the techniques of Rock Steady Boxing and is taught by a certified RSB coach. The class is open to the public serving constituents with Parkinson's Disease and other neurological disorders.

Space is limited, registration is required to attend.

Please call 502.254.3388 to register.



facebook.com/parkinsoncenter



Twitter.com/parkinsoncenter



https://www.youtube.com/

www.parkinsoncenter.org

CENTER HAPPENINGS

February 2018

Navigating PD Workshop Series

Tips, Tricks and Tools Workshop

Tips, Trick and Tools is an active workshop that addresses the daily challenges of living with Parkinson's disease. Do you have trouble pouring milk, opening a jar or tying shoes? If so, join us as we share experiences and resources for every day tasks.

Date: February 24, 2018 1 - 2:30 pm

Location: Parkinson Support Center 315 Townepark Cir, Suite 100 Louisville, KY 40243

Instructor: Mary Killian, Parkinson's Advocate & Support Group Leader

Falls Prevention Active Workshop

Date: March 10, 2018 10:00 am - 12:00 pm

Location: St. John Paul II Church Gallagher Hall 3042 Hikes Lane, Louisville KY 40220

Instructor: Michael Flores, 3rd year Doctor of Physical Therapy Student at Bellarmine University
Liz Ulanowski, PT, DPT, NCS Norton Neuroscience



Parkinson's Valentine Dance

Looking for a great gift for your sweetheart? Do you think your dancing days are over? Well, no they're not!!! Come join us at Bellarmine University, Nolen C. Allen Hall, Saturday, Feb. 10, 5 to 7pm for our second annual Valentine pot luck dinner and dance. We'll gather at 5pm to share a meal (meat supplied-- you bring a dish to share) then Dr. Nancy Urbsheit will lead us in simple dance instructions (as she does weekly for her PT class) from 6 to 7pm. Music and dancing are a great way to exercise and socialize with our Parkinson's community!!

Call Doug or Ann Pifer 491-3388 for more info. No registration necessary!!

Saturday April 28, 2018

Run for Parkinson's Disease and help support our Rock Steady Boxing (RSB) program. In 2016 and 2017 Parkinson Support Center raised over \$5,000 annually as a KDF charity partner. These funds provide monthly scholarships for participants of RSB at Core Combat, Full Moon Martial Arts and Anytime Fitness.

You can join us by creating a fundraising team! Family, Friends and Coworkers can form fundraising teams and walk/run the KDF Marathon/ Mini-Marathon (individually or as a relay) in support of the Parkinson Support Center.

All proceeds will benefit The Parkinson Support Center and the individual Rock Steady Boxing Programs.

Visit the link below and show your support for one of the following teams!

<https://runsignup.com/Race/23401/Charity/2056>

Call our office for assistance registering 502.254.3388



*Women's Support Group

March 1, 2018 10:30 AM

Parkinson Support Center
315 Townepark Circle, Suite 100
Louisville, KY 40243

*New support group open to all women impacted by PD

Spalding CORF Support Group

11:30 AM - 3rd Friday of each month

Spalding University Comprehensive Outpatient Rehab Facility (CORF)
812 S. Second Street
Louisville, KY 40203

St. Augustine Support Group

March 14, 2018 11:00 AM

St. Augustine Catholic Church
1310 W Broadway
Louisville, KY 40203

*Support Group Leaders Meeting

February 24, 2018 10:00 AM - 2:00 PM

Parkinson Support Center
315 Townepark Circle, Suite 100
Louisville, KY 40243

*Closed meeting for PSC support group leaders.