

“NO MATTER HOW LONG YOU HAVE BEEN DIAGNOSED WITH PARKINSON’S DISEASE, IT’S NOT TOO LATE TO START EXERCISING, AND IT’S NEVER TOO EARLY.”

**– OHIOHEALTH
DELAY THE DISEASE™
FOUNDERS**



DECATUR COUNTY FAMILY YMCA
1 YMCA Way
Greensburg, In 47240
P 812-663-9622

decaturncountyfamiyyymca.org



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

EMPOWERING THOSE LIVING WITH PARKINSON’S DISEASE

**Delay The Disease™
DECATUR COUNTY FAMILY
YMCA**



TAKE CONTROL OF THE DISEASE!

Evidence-Based Programing

Research shows that exercise benefits people with PD. Participating in regular exercise can help your body cope with the disease and results in stabilization or improvement of symptoms.



CHANGES PARTICIPANTS HAVE NOTICED:

- Improved posture & strength
- Improved balance & walking ability
- Help preventing falls & restore general functional ability
- Improved cardiovascular health
- May also see improvement in memory, sleep, mental health and overall quality of life

Schedule

Tuesdays and Fridays 1 pm – 2 pm

“This plan helped me to pursue a positive and active approach to PD; it made me understand that I may have Parkinson’s, but it does not have me.”

-T.H. Mallory, M.D., F.A.C.S., orthopedic surgeon with Parkinson’s disease

What happens in class?

- Flexibility - utilizing yoga and dynamic stretching
- Coordination - utilizing stability balls, medicine balls, agility drills, dance, ladder walking and boxing
- Respiratory - yells, cheers and various voice drills
- Cardio – walking, marching, cycling, boxing, rowing
- Balance - standing on one foot, side stepping, tandem standing and walking
- Strength training – using weighted medicine balls, dumbbells, resistance tubes and bodyweight

FOR MORE INFORMATION OR TO JOIN OUR CURRENT CLASS:

Contact:

Dawn Ernstes
Wellness Coordinator
Delay the Disease Instructor
812-663-9622 X 12
dawnb@dcfymca.org

INTEREST FORM

Please fill out this form and return it to the DECATUR COUNTY FAMILY YMCA

Name:

Date of Birth:

Year Diagnosed:

Phone Number:

Email:

Do You Utilize A Device For Mobility?
(Circle One)

Yes No Sometimes

Do You Have A Referral From A Physician?
(Circle One)

Yes No

*Referrals are not a requirement

OHIOHEALTH
DELAY THE DISEASE™
THE #1 PARKINSON'S EXERCISE PROGRAM