

# Parkinson's Wellness Program

The UCI Health Parkinson's Wellness Program (PWP) offers weekly classes for people who experience difficulty moving and thinking due to Parkinson's disease or Parkinson's-like symptoms.

This evidence-based program, which uses the principles of neuroplasticity, is supervised by a board-certified therapists with specialized training in Parkinson's and neurologic rehabilitation.

We tailor the program to meet the needs of each individual who has completed physical and/or occupational therapy with moderate to high-level exercise interventions.

These group-guided exercises are designed to teach participants how to use high-effort movement activation and to provide strategies to improve posture, balance and everyday function. Exercises include Parkinson's-specific PWR! Moves® training, gait and balance activities, yoga, tai chi, power transfers, circuit training, memory strategies and much more.

**To enroll in Parkinson's Wellness Program classes, you should be able to:**

- Express basic needs
- Follow directions independently
- Get up from a chair and on/off the floor
- Pass screening tests
- Stand and participate in exercise independently



**PWP Group Exercise Classes**

**Wednesdays, 12–12:45 p.m.**

UCI Health Department of Physical Therapy  
 200 Manchester Ave., Suite 100  
 Orange, CA 92868

Cost is \$30 per month. Parking is free. Family and caregivers are encouraged to attend and assist their loved ones as needed.

To ensure that this program is appropriate and safe for you, email [rehabparkinsons@hs.uci.edu](mailto:rehabparkinsons@hs.uci.edu) or call 714-456-7283. We will work with you to determine whether this program would be an appropriate fit for you.