Michigan Parkinson Foundation Online Exercise Classes
June 1 through August 31, 2020

The Michigan Parkinson Foundation (MPF) is pleased to offer Parkinson Appropriate Exercise Classes five days a week, Monday through Friday starting June 1 via Zoom. These classes are live and interactive. This link will be active starting June 1. Use the same link for each exercise class.

https://us02web.zoom.us/j/81373036837
Meeting ID: 813 7303 6837
Password: 529630
One tap mobile

Dial by your location
+1 646 558 8656 US
Meeting ID: 813 7303 6837

Exercise Class Schedule via Zoom at 10:00 am Monday through Friday
Classes run from June 1 through August 31, 2020

**Monday at 10:00 am** starting on June 1 through August 31
PWR Moves (Parkinson Wellness Recovery) Exercise with Jamie Haines, PT, DScPT, NCS Central Michigan University

**Tuesday at 10:00 am** starting June 2 through August 25
PWR Moves (Parkinson Wellness Recovery) Exercise with Angee Ludwa, PT, Ascension Genesys

**Wednesday at 10:00 am** June 3 through August 26
Adapted Yoga for Parkinson’s with Mindy Eisenberg, MHSA, C-IAYT, ERYT-500
Director of Yoga Moves MS

**Thursday at 10:00 am** June 4 through August 27
PWR Moves (Parkinson Wellness Recovery) Exercise
Presented by Amy Yorke, PT, PhD
Board Certified in Neurologic Physical Therapy
Associate Professor, Physical Therapy Department, University of Michigan-Flint

**Friday at 10:00 am** June 5 through August 28
Adapted Yoga for Parkinson’s with Mindy Eisenberg, MHSA, C-IAYT, ERYT-500
Director of Yoga Moves MS
HOW TO ACCESS THE LIVE, ONLINE PROGRAMS

VIA TELEPHONE

To listen in on our programs, please dial 646-558-8656. When prompted, enter meeting code 813 7303 6837
Dial by your location

VIA ZOOM.COM (for Windows and Mac)

Open your Internet browser and type the following URL: https://us02web.zoom.us/j/81373036837
1. Under the small black bar at the top of your screen, look for the words “JOIN A MEETING”. They should appear in blue and will be just to the right of center screen. Click on this.
2. The next screen will display the words “Join a Meeting”. Under this will be a box stating “Meeting ID or Personal Link Name”. In this box, type the following: 813 7303 6837
3. After entering the numbers in step 3, click on the blue “Join” box.
4. A new window will open up. There will be a box that notes “Enter Meeting Password”. Enter 529630.
5. Click the blue box noting “Join”.
6. A screen will appear and ask Join by Computer Audio or by Phone call. Select the option you prefer. If it is by phone dial the phone numbers 646-558-8656. When prompted, enter meeting code 813 7303 6837

7. Next, you will be prompted to select “with video” or “without video”. This is your choice. If you select video, other viewers will be able to see you. If you select without video, your computer camera will not be activated.
8. You will then be connected to us. Please note that there is a “mute” button in the lower left. Please click this. Doing so will keep the mic on your computer silent so other viewers do not hear anything from your viewing area. If you do wish to speak, simply click the “unmute” button in the same area. This will make your mic “live” again.

VIA ZOOM.COM (for Chrombook)

1. Open your Internet browser and type the following URL: zoom.com
2. Under the small black bar at the top of your screen, look for the words “JOIN A MEETING”. They should appear in blue and will be just to the right of center screen. Click on this.
3. If you have never used Zoom before, you will be prompted to “open the application”. Do so. If you have used Zoom before, you will skip this step.
4. The next screen will display the words “Join a Meeting”. Under this will be a box stating “Meeting ID or Personal Link Name”. In this box, type the following: 813 7303 6837
5. After entering the numbers in step 3, click on the blue “Join” box.
6. A new window will open up. There will be a box that notes “Enter Meeting Password”. Enter 529630.
7. Click the blue box noting “Join”.
8. If you choose to use the audio on your phone, select phone and dial
9. Next, you will be prompted to select “with video” or “without video”. This is your choice. If you select video, other viewers will be able to see you. If you select without video, your computer camera will not be activated.
10. You will then be connected to us. Please note that there is a “mute” button in the lower left. Please click this. Doing so will keep the mic on your computer silent so other viewers do not hear anything from your viewing area. If you do wish to speak, simply click the “unmute” button in the same area. This will make your mic “live” again.

As always, thank you for your continued support of the Parkinson community. If you have any questions, please call Mary Sue at 248-433-1117.