



## 2021 Parkinson Exercise Class Schedule

Monday through Saturday at 10:00 am through December 2021

All classes start at 10:00 AM and use the same Zoom link

**MONDAY.** For January 4, 2021 only, Adaptive Yoga for Parkinson's with Deb Colling.

Starting, Jan. 11, Katie Bourdeau, PT, DPT Henry Ford Medical Center will teach PWR Moves every Monday

**TUESDAY,** PWR Moves (Parkinson Wellness Recovery Exercise)  
Angee Ludwa, PT Ascension Genesys Hospital in their outpatient neurological clinic

**WEDNESDAY,** Adapted Yoga For Parkinson's  
Mindy Eisenberg, MHSA, C-IAYT, ERYT-500, Founder/Director of Yoga Moves MS

**THURSDAY,** PWR Moves (Parkinson Wellness Recovery Exercise)  
Kim Wilkins, DPT, Neuro Rehab., Beaumont Hospital, Royal Oak

**FRIDAY,** Adapted Yoga For Parkinson's  
Mindy Eisenberg, MHSA, C-IAYT, ERYT-500, Founder/Director of Yoga Moves MS

**SATURDAY,** PWR Moves (Parkinson Wellness Recovery Exercise)  
Physical therapy students (DPT) supervised by Jamie Haines, PT, DScPT, NCS Assistant Professor, Central Michigan University AND Amy Yorke, PT, PhD, NCS Associate Professor, Physical Therapy Department, University of Michigan-Flint

All exercise classes use the same Zoom Link.  
You need both the meeting ID and the Password

[parkinsonsmi-org.zoom.us](https://parkinsonsmi-org.zoom.us)

Meeting ID: 813 7303 6837  
Password: MPF2020

You must use the password to be entered into the class.  
Dial by your location +1 646 558 8656 US  
Meeting ID: 813 7303 6837

*These classes are made possible by generous donors to the Michigan Parkinson Foundation, LucaStrong Fund and United Way of Southeast Michigan, Henry Ford Medical Center. Additionally, Ascension Genesys Health Club & University of Michigan-Flint Parkinson's exercise programming is supported by a community grant from the Parkinson's Foundation.*