



2023 Parkinson Exercise Class Schedule

Monday through Saturday at 10:00 am through December 2023
All classes start at 10:00 AM and use the same Zoom link
Classes are Free of Charge!

MONDAY PWR Moves (Parkinson Wellness Recovery Exercise)
Katie Bourdeau, PT, DPT Henry Ford Medical Center

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)
PWR Moves (Parkinson Wellness Recovery Exercise) Torrey Davenport, PT, DPT from Leelanau Physical Therapy Clinic

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

Meeting ID: 813 7303 6837

Password: MPF2020

You must use the password to be entered into the class.

Or dial by your location +1 646 558 8656 US

Meeting ID: 813 7303 6837

Missed the Class?

Check out our On Demand Library of Classes on YouTube

<https://www.youtube.com/michiganparkinsonfoundation>