

PARKINSON'S PANEL

- Therapy
- Rock Steady Boxing
- Social Services



Thursday, April 26, 2018

6:30 – 8:00 p.m.

**The Orthopedic and Neurosciences Center at Memorial
First Floor Conference Room
4700 Memorial Drive, Belleville**

FREE, registration is required

Please call (618) 257-5649 or go to: www.mymemorialnetwork.com/events

THE FOLLOWING SERVICES WILL BE PRESENTED:

**LSVT® BIG AND
LSVT® LOUD**
PARKINSON'S PROGRAMS

LSVT BIG—increasing limb and body movements

LSVT LOUD—increasing voice production

Heidi Hoskins, MSOT, LSVT BIG certification and clinician for 20 years and Maria Matthews, COTA, LSVT BIG certification and clinician for 20 years. Diana Chamblin-Bevirt, M.S. CCC-SLP, Speech/Language Pathologist, Rehab Supervisor, Speech/Audiology, and LSVT certified for 11 years



Rock Steady Boxing—empowers people with Parkinson's disease to fight back. The curriculum of Rock Steady method is designed to specifically address the symptoms that occur with Parkinson's disease. Micki Classen, Manager Belleville Health & Sports Center, ACE Certified Personal Trainer/Group Fitness and Stacie Panek, BS in Health & Wellness, Rock Steady Certified Coach, NASM Certified Personal Trainer



Parkinson's Support Group—teaches patients and families about resources and coping, to live well with the diagnosis. Jodi Gardner, LCSW, Older Adult and Caregiver Counselor, APDA Support Group Facilitator, at SWIC's Programs and Services For Older Persons