



Turnstone

CREATING POSSIBILITIES

Parkinson's Programs

Exercise Group
Support Group
Caregiver Support Group

Turnstone.org | (260) 483-2100

Parkinson's Caregiver Support Group

A caregiver support group meets during the wednesday exercise group time. This group provides an open and supportive atmosphere that encourages individuals and families affected by Parkinson's Disease to interact and exchange information. The group meeting in the Main Conference Room in the Plassman Athletic Center from 10:30-11:30 a.m.

Parkinson's Support Group

When: Third Thursday of the month 7:00 pm (except December)

What: This group allows those with Parkinson's to socialize with peers, caregivers, family members & friends through educational programs led by medical professionals round table discussions. The National Parkinson's Foundation & other resouces provides written materials, books and pamphlets.

Goals & Objectives: This group stives to provide an open & supportive atmosphere to encourage these individuals and exchange information with their peers. We provide up-to-date information on this disease through speakers and community. Our biggest goal is to make each member aware of their own importance & self worth.

www.turnstone.org | (260) 483-2100

Parkinson's Exercise

The Parkinson's Exercise Group is a class for the minimally to moderately impaired adult with parkinson's Disease. The class is led by a Turnstone Fitness ASpecialist, and takes place in two days a week for one hour. The class includes stretching, resistance exercises with dumbbells, exercise bands, and functional training activities, There is a maximum of 25 participants per class.

- Participant may observe one class
- All participants must have a signed Physicians Release Form before participating in the class.
- An evaluation will be performed by the fitness Specialist to determine if the participant is appropriate for the class.

Days: Monday and Wednesday

Time: 10:30-11:30 a.m.

Individuals with Parkinson's disease are known to have difficulties in areas of voice, swallow, and memory or cognition. Come join our group to meet other members and to learn and practice specific exercises, taught by Turnstone Speech Pathologists, to help maintain these areas.

* A spouse or a caregiver welcome at no charge

Payment can be submitted at the main desk and you will also check in there when you arrive for class.

If you have any questions please contact Jodi Ann Intelicato at (260) 483-2100 for more information.



Visit our website, www.fwpsg.org,
to see our newsletter & current announcements.
For more information regarding the Parkinson's Support
Group, contact: Beth Krudop or Todd Hunnicutt at (260)
745-1200 or bkrudop@agingihs.org

3320 N. Clinton St., Fort Wayne, IN 46805
(260) 483-2100 or turnstone.org