

Testimonials

Christine Broadus



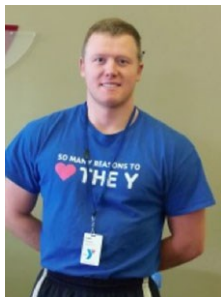
"I have an Anoxic Brain Injury and been going to the Foundations classes since May of 2016. I am able to stand longer without my legs shaking so hard. I can go from a sitting to standing position alone smoother and easier. I used to not be able to reach the small of my back; now I can wash my back without very much assistance. I am able to reach above my head and my reaching point gets further every day. I am thankful for this program and look forward to going each week!"

Brenda Hutchinson

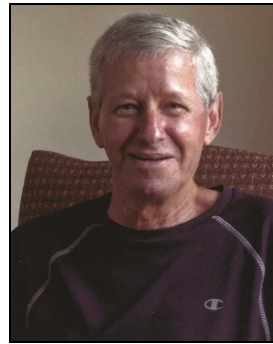
"I was diagnosed with Parkinson's in August 2013 and got involved with this program here at the "Y". I gradually started noticing improvements, big improvements. I was able to take longer strides. I wasn't off balance. I could step down off of curbing. I could come down the stairs better. I saw big improvements in endurance so the program has been wonderful for me. My gross motor skills have greatly improved. So have my fine motor skills. I owe it all to Gary and the team that works with him."



Henry Prescott (Instructor)



"I am a personal trainer and I help lead the Parkinson's Circuit Class. My biggest philosophy is that an increase in balance, power and strength lead to a better quality of life. What we try and do in these classes is improve the overall quality of our strength which will inherently improve balance. The more powerful a person is, the easier a task becomes and the more efficient a task is as well. The individual has to think about the exercise and what they are doing. That is what we are trying to work toward on a daily basis here at the YMCA."



Gary Sobol, Founder of GZSPN

About Us

GZ Sobol's Parkinson's Network (GZSPN®) was established in November, 2013. We are a non-profit 501(c)(3) public charity.

Parkinson's Network exercise classes help PWP using our three guiding principles:

1. **OVERCOME** challenges
2. **IMPROVE** quality of life
3. **RESTORE** functions

Parkinson's Network exercise classes are enhanced by camaraderie, cognition, voice, and FUN! Parkinson's Network exercise classes are dramatically changing the lives of participants who attend classes regularly. In fact, many of our class participants came to us as a result of a neurologist recommendation.

Our vision is that every person with a movement disorder or neuro deficit should have access to our group exercise classes.

Our mission is to improve quality of life in people with Parkinson's disease, MS, and movement disorders. We carry out this mission by providing continuous access to research-based programs and other evidence-based approaches.

Keep up with our latest news, read more success stories, and find a complete list of classes at:

www.parkinsonsnetwork.org

How you can help:

Donate • Volunteer

Start a Class • Spread the Word



Parkinson's Network provides exercise classes for People with Parkinson's Disease (PWP), MS, TBI, neurological disorders, and those that want to age well.

Why is the GZSPN® exercise program so unique? We follow the three E's:

Everyone, Everything, Everywhere.

Everyone: is welcome at our classes. This includes people using walkers and wheelchairs who are accompanied by a caregiver, friend, or relative.

Everything: Our classes can be taken by people with Parkinson's Disease, Multiple Sclerosis, Stroke, Traumatic Brain Injury and other neurodegenerative diseases, older adults trying to age as best they can, people with balance issues, etc. Even our caregivers who come and assist participants say they enjoy and benefit from the exercises!

Everywhere: It is my passion to provide exercise classes for everyone with movement disorders. As of June 2017, we have 130 classes each week in 56 cities and 14 states.

To locate one of our classes, visit <http://www.parkinsonsnetwork.org/find-a-class>

If you do not have a class in your area, please contact us today! We will start a class for you.

Everyone

Everything

Everywhere



OVERCOME



IMPROVE



RESTORE



Call us: 303-378-4732

Foundations Class

This 75 minute class of science-based physical and cognitive drills is specifically tailored to target eight specific deficits:

1. **Rigidity** – Muscle stiffness & resistance to movement
2. **Hand Dexterity** – Problems with handwriting, fine-motor tasks
3. **Akinesia** – Inability to move spontaneously
4. **Bradykinesia** – Slow movements
5. **Postural Stability** – Impaired posture and coordination
6. **Balance** – Problems with falls, stability
7. **Cognition** – Problems acquiring new knowledge, multi-tasking
8. **Gait** – Problems with shuffling, range of motion

Circuits Class

This more advanced class focuses on power, strength, and agility. Participants rotate through stations that provide a lot of variety and challenge for their exercise programs. This class runs for 6 weeks and then repeats.

Dance Class

In this informal, fun class we move to music to address a range of issues challenging the person with a movement disorder. Students begin in a chair and do simple exercises engaging different parts of the body, torso, feet, hands, and shoulders. As we move towards standing, we gain comfort in gait, balance, and coordination. Class continues with free dance which encourages creative use of the body to stand tall, extend extremity range, relax into rhythmic solid gait, and engage with other participants.

Yoga, Tai Chi, and Movement for People With Parkinson's

This class includes yoga, qi gong, and other exercises specifically designed for people with movement disorders to increase range of movement, flexibility, and to improve balance. Practical issues, such as falling without injury, are also addressed.

Email us: info@parkinsonsnetwork.org

Help us grow as an instructor

Our goal is to expand globally and to have Parkinson's Network classes available to all who might benefit.

In order to reach this goal, we need your help. We are seeking instructors who are passionate about improving the quality of life for people with neurological diseases.

Our ACE-certified instructor training class focuses heavily on Parkinson's Disease and MS symptoms and specific exercises that help restore lost functions. Participants learn the building block exercises that are used to put together various routines. Safety precautions are also covered in detail, and students are taught how to manage a class with wide differences in mobility and other functions. The class provides 0.7 CEC ACE credits.

Now that you are a proud certified GZ Sobol PN Instructor, we will assist you in starting your classes. We can help with finding class locations, community support, and marketing. We are here to make you a huge success so that those who need us can WIN!

For more information on how to become a certified Parkinson's Network instructor, including dates of upcoming classes, contact us by email at info@parkinsonsnetwork.org or by phone at (303) 378-4732.

DONATE TO GZSPN TODAY!

The GZ Sobol Parkinson's Network is growing and we need your help! Your generous contribution will go directly toward expanding this program into other locations throughout the United States and the world.

www.parkinsonsnetwork.org/donate