



**June 30, 2018**  
**Castle Rock Community Rec Center - 2301 Woodlands Blvd., Castle Rock, CO 80104**

**Parkinson's Network Instructor Certification Training Class**  
**JUNE 30, 2018**

Castle Rock Community Rec Center  
 2301 Woodlands Blvd, Castle Rock, CO, 80104

***CECS AVAILABLE!***  
 This class is ACE Certified & provides 0.7 ceu credits.

The GZ Sobol Parkinson's Network requests a donation of \$90.00 per participant.

- 10:00 AM Check In & Registration
- 10:15 AM Introductions
- 10:30 AM Gary's story Mission/Vision of GZSPN
- 11:00 AM Understanding PD & MS
- 11:45 AM FREE Business & Marketing Support from GZSPN
- 12:15 PM Lunch
- 1:00 PM Foundation Class
- 2:30 PM Team Preparation
- 3:00 PM Team Demonstrations
- 4:15 PM Q & A
- 4:30 PM Wrap up

In 2008, Gary Sobol the Founder & Executive Director of the Parkinson's Network was diagnosed with Parkinson's disease. Gary developed science-based exercises that focus on the effects of Parkinson's. These workouts are a series of physical and cognitive drills specifically designed to attack the symptoms of Parkinson's, MS, neurological deficits, stroke and aging. The Parkinson's Network trains fitness instructors throughout the USA. Their web address is; [parkinsonsnetwork.org](http://parkinsonsnetwork.org).

To register for the class please email; [Barbara@positively-funded.com](mailto:Barbara@positively-funded.com).