Living Well at Home Series

Sponsored by Parkinson’s Disease and Movement Disorders Program at Penn and Good Shepherd Penn Partners

PD: More than a Movement Disorder: June 1st-July 3rd

A series of informational sessions held once a week that address the non-motor symptoms of PD. In addition, every day of the week (M-F) a program will be offered that will supplement what you learn.

**Mondays 11:00am-12:00pm  Get Mindful with Julia Wood**  Join us for guided relaxation techniques to help reduce stress and boost brain power.

**Tuesdays 11:00am-12:00pm  Support Group with Sue Reichwein**  Every Tuesday all are invited to log on and join a discussion group to gain support from others with PD.

**Wednesdays 12:00pm-1:00pm  Troublesome Non-Motor Symptoms**

Each Wednesday (except the last) one of our physicians will present on a topic and answer questions from the audience.

- June 3  Gastrointestinal, Andres Deik, MD
- June 10  Mood, Dan Weintraub, MD
- June 17  Cognition, Andrew Siderowf, MD
- June 24  Sleep, Ian Walker, MD
- June 30  (Tuesday) Vision, Ali Hamedani, MD

**Thursdays 11:00am-12:00pm  Breath and Stretching with Judith Sachs**  An introduction to techniques based on traditional Chinese (Qigong) and Indian (Pranayama) methods. The BREATH is the foundation of all movement and the simple exercises we will practice in class teach us about the potential of the inhale (or inspiration), exhale and pausing of breath in order to reduce stress and expand lung capacity.

**Fridays 11:00am-12:00pm  Fit Brains**  Join our occupational therapist Julia Wood for an hour group class incorporating exercise to challenge your brain followed by cognitive fitness activities to flex your mental muscles!

You will need to download the Bluejeans app to your phone or computer first. ([https://www.bluejeans.com/downloads](https://www.bluejeans.com/downloads)). Then you can join on any day by using this link ([https://upenn.bluejeans.com/7837225577](https://upenn.bluejeans.com/7837225577)). Call in number is 1-408-419-1715 enter 8485182#.

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