

THRIVE: Parkinson's Online Community Exercise-Education-Support

Have a Parkinson's Specialist as your coach
and guide!!

What You Get:

4 Exercise Classes/week: These classes are scaled to challenge you appropriately and are led by Leslie. Access to a library of recordings available to you if you can't make a class.

30 minutes 1:1 with Leslie : Monthly virtual meeting to review your program and answer your personal questions

Digital Resource Guide: Parkinson's specific exercise packet for home, Tips sheet on Parkinson's specific symptoms, Caregiver Resource Guide, Research based sites to visit for support, guidance and answers to questions

Interviews with Other Specialists: We will bring in other medical and community experts who have valuable information for you.



Helping the Parkinson's population has become my life's work and passion. People with Parkinson's (PD) can have many difficulties in life, but I have noted with retraining of the brain and focusing on coordination, flexibility, strength and dual tasking that People with PD can improve their fluidity of movement and decrease their risk of falls as well as improve their quality of life. I have seen many clients improve after working with someone PD specific like myself to maintain that improvement through continued exercise/work. So join me in this venture and let's Fight PD!!

LESLIE WISE, DOCTOR of PHYSICAL THERAPY, CERTIFIED IN: PARKINSON'S WELLNESS RECOVERY®, ROCK STEADY BOXING®, Allied Team Training for Parkinson's (ATTP®), Brian Grant Foundation Exercise Instruction

**Call today to set up your FREE virtual phone call:
email- Leslie@dedicatedtherapysc.com or
call or text-(854) 900-3513**