



Banner Neuro Wellness



PWR! Fitness™
Parkinson Wellness Recovery
www.pwr4life.org

PWR! Circuit
PWR! Moves™
PWR! One

The PWR! Project (Parkinson Wellness Recovery) was started in 2009 by Dr. Becky Farley, a researcher, LSVT® BIG developer, physical therapist, neuroscientist, and Parkinson's exercise specialist to address the unmet needs in standard of care rehabilitation delivery models for individuals with Parkinson's disease (PD). (Source: <http://www.pwr4life.org/>)

The PWR! fitness classes at BNW have a PD-specific neuroplasticity-principled framework. The classes target the symptoms of PD ranging from bradykinesia and rigidity to cognitive dysfunctions and emotional impairments. BNW offers different PWR! classes to accommodate a wide range of abilities for people with PD. The PWR! classes are led by an Exercise Physiologist/PWR! Fitness Trainer. Based on an initial evaluation an Exercise Physiologist will determine the appropriate PWR! Class for new members to attend.

PWR! Circuit: This class is appropriate for those who do not need support, can get on and off the floor without assistance and work at a high intensity and cognitive level.

PWR! Moves™: This class is appropriate for individuals who can ambulate without assistive devices and are able to get on and off the floor/practice standing exercises with minimal support.

PWR! One: This class is designed for those who might need extra support, have assistive devices, and need modifications to perform tasks effectively and safely.

Advanced Yoga	This class will increase strength, flexibility, balance, and body alignment to promote better mobility. Advanced yoga also focuses on linking breath to movement energizing the mind and body. The class finishes with a deep relaxation exercise helping individuals feel restored and revitalized.
Fitness Training	Fitness class is a total body workout starting with 20 minutes of cardio exercise. Participants will then take part in a variety of resistance training exercises to help build strength and endurance. This class can accommodate those of any fitness level.
Seated Yoga	Seated yoga is safe and gentle yoga practice with an emphasis on meditation and breathing along with mobility and strength exercises. The sessions are structured to accommodate any members, no matter their limitations.
Music Therapy	Music Therapy, led by a board –certified Music Therapist, uses a variety of music, instruments, and experiences to work with members on movement, voice, and cognition and /memory.
Speaking Group	Speaking group is led by a Speech Pathologist. Participants practice vocal exercises and speaking activities in a group setting to address the challenges of hypophonia and voice articulation in Parkinson's' Disease.
Dance	Dance is designed to experience the joys and benefits of dance while creatively addressing symptom-specific concerns related to balance, cognition, motor skills, depression, and confidence.
Circuit / Moves Boxing One Boxing	This non-contact boxing class is designed to challenge all ability levels in a safe and effective manner. Each class combines basic boxing fundamentals, high intensity interval training, core strengthening and balance training. Gloves are provided for One Boxing only.
BNW Book Club	Book club meets monthly to discuss the chosen book as a group. This is open to members and their care partners. Books are chosen by the group and each book has a reading or listening option.
Care Partners Group Men's Group Women's Group Friday Coffee Talk	Each support group is designed to offer a supportive, safe, and trusting environment for those who attend. When dealing with the ever-changing nature of a progressive disease, it is important to have a place to share not only your challenges and concerns, but also your victories. All our support groups are offered free to the community.

<p>Social Work Services</p>	<p>Our licensed Social Workers can assess and address social, emotional, economic, and environmental factors impacting the wellbeing of our members and their families.</p> <p>Services include:</p> <ul style="list-style-type: none"> ○ Supportive counseling related to psychosocial issues such as anxiety and depression ○ Aid in adjustment, whether you are newly diagnosed, or you have been coping with your diagnosis long term. ○ Family stressors ○ Educate and assist with Advanced Directives including Medical and Mental Health POAs (Power of Attorney), Living Wills, and DNR/Prehospital Directive ○ Educate and assist Long Term Planning and Decision Making ○ Instruct and Advocate: ALTCS (Arizona Long Term Care System) (preparation for future needs) ○ Instruct and Advocate VA ○ Review Long Term Care policies. ○ Assist with Long Term Care (LTC) placement ○ Review and advocate Medical Insurance issues ○ Investigate and assist community resources such as private pay Caregiver, Transportation, Adult Day Care ○ And anything else that is causing stress within their power
<p>Physical Therapy Services</p>	<p>Our private pay licensed physical therapy services offer specialized therapy in working with people with Parkinson’s Disease. Our Physical Therapist can evaluate and treat abnormal physical function related to an injury, disability, or other health conditions in the comfort of our BNW center.</p>
<p>Retreat Services (Non-medical respite)</p>	<p>With the support of APDA, BNW offers non-medical care to individuals with PD in the home for up to 4 hours at a time. This support allows care partners time to get out and take time for personal needs including medical appointments, self-care, rest, and socialization.</p> <p>In 2021 with continued support of APDA, BNW started small group weekend retreats at the center from 10AM –2PM. Weekend retreats allow a small group of 4-7 individuals to socialize, play games, participate in arts and crafts, and have lunch together while giving care-partners personal time. Scholarships are available for qualifying families.</p>
<p>One on One Sessions</p>	<p>Our Exercise Physiologists will work individually with our members on physical and cognitive goals by incorporating specific exercises to target the desired outcome. Our goal is to help our members improve their quality of life and stay involved in activities they enjoy.</p>
<p>Early Intervention Program</p>	<p>The Early Intervention Program provides a comprehensive education program for patients and families newly diagnosed with PD. This program offers a valuable resource to the Parkinson’s community and helps Banner Neuro Wellness reach people earlier in their diagnosis. Over the course of this six-week program we cover a wide variety of topics from medications and treatment options to the importance of exercise. Each topic is covered by an expert in their field and is followed by a discussion group with ample time to ask questions and share concerns. Care partners are strongly encouraged to attend. The program is offered free to the community with no obligations.</p> <p><u>Topics covered throughout the six-week program:</u></p> <ul style="list-style-type: none"> ○ *Diagnosis and Symptoms – Speaker: Movement Disorder Neurologist ○ *Treatment, Medication and Hospital Preparedness – Speaker: Nurse Practitioner ○ *Physical Therapy & Speech Therapy for PD – Speaker: Physical Therapist/Speech Pathologist ○ *Coping with Depression and Anxiety, FMLA, Disability and Employment – Speaker: Social Worker ○ *Exercise and Nutrition for PD – Speaker: Exercise Physiologist ○ *Grief, Isolation and Mindfulness practices – Speaker: Music Therapist