THE YMCA’S RESPONSE?

PARKINSON’S PROGRAMMING

Just as the right diet and medications are key to living well with Parkinson’s disease (PD), maintaining emotional health is essential to the physical health of PD patients. A PD support group can offer a venue to share the experience with those on a similar journey. These support groups and physical activity can lift stress, foster new friendships and prevent isolation. (Parkinson’s Foundation, Managing Parkinson’s)

There are also proven benefits of Parkinson’s Cycling, including:

• Cycling on stationary bikes provides symptomatic relief for people with Parkinson’s disease because pedaling at a certain cadence helps sections of the brain, relating to movement, connect to each other
• Builds muscles of the lower leg in a safe way, leading to easier maneuvering of everyday activities
• Increases energy levels and provides a welcoming environment of support to be with others facing the same challenges

(parkinsonscyclingcoach.com/cycling)

In 2019, the Y plans to continue to offer Parkinson’s Cycling class, held 3 times per week at no cost to the participant. The Y is also organizing a monthly support group and weekly social time for these participants. Ongoing staff and volunteer support, along with funding, are needed.

You can make a difference! Visit ymcakpt.org/give to make your gift today.