

Parkinson's Empowerment Program

at St. Jude Wellness Center

Designed for individuals newly diagnosed with Parkinson's disease, this integrative program offers a comprehensive approach to care through education, support and empowerment. Led by a multidisciplinary team of experts, the program provides specialized exercises and group services to help patients maintain mobility, improve strength and coordination and enhance overall well-being. This program is funded by a community grant from the Parkinson's Foundation and free to qualifying individuals.

Program details

Phase 1: Four-week group program

- Pre and post fitness evaluation
- Weekly group education workshops led by fitness experts, dietitians and more, covering topics including:
 - Exercise
 - Nutrition
 - Stress resilience
 - Cognition
 - Lifestyle symptom management
- Weekly exercise class
- Weekly caregiver support group

Phase 2: One-month wellness membership

Put your new learnings into practice with a month of access to our St. Jude Wellness Center. Gain unlimited access to functional fitness classes and open gym hours. Plus, enjoy one free private service such as:

- Massage
- Yoga therapy
- One-on-one dietitian support
- Personal training

How to join

1. Ask your doctor for a referral to this program.
2. Register **one of three** ways:
 - a. **Download the St. Jude Wellness Center app** (scan the QR code below).



iOS



Android

- b. **Call 714-578-8770.**

- c. **Visit us in person:**

St. Jude Wellness Center
2767 E. Imperial Hwy., Brea

3. After you register, complete the required paperwork, receive your orientation date and schedule your initial evaluation.

Visit stjudewellnesscenter.org to learn more.