

THE FOLLOWING
INFORMATION
IS FOR ALL THRIVING
WITH PARKINSON'S
PROGRAMS.

COST:

- All are free with a \$30 annual Parkinson Foundation administrative fee. Call 703-734-1017 if you are not currently a Parkinson Foundation member.

PLACE:

Brooke Grove Rehabilitation
and Nursing Center

18131 Slade School Road
Sandy Spring, MD 20860

RESERVATIONS:

Reservations are requested two days in advance of seminars. You may register at anytime for ongoing classes or the support group. Contact Toni Davis at 301-388-7209 or tdavis@bgf.org.

WEATHER POLICY:

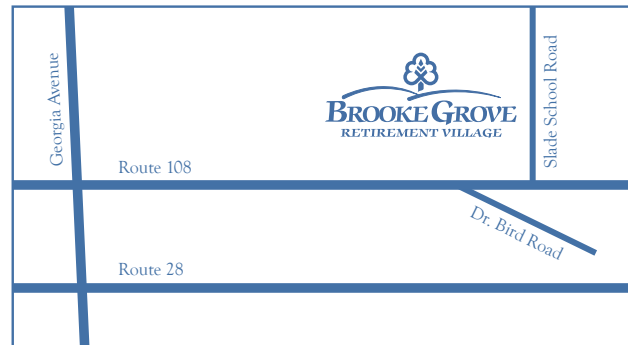
If Montgomery County schools are closed due to snow or ice, classes or programs are cancelled.



18100 Slade School Road
Sandy Spring, MD 20860

Class/Program RSVPs: 301-388-7209
Admissions Inquiries: 301-260-2320
Main Campus: 301-924-2811

www.bgf.org



Parkinson Foundation members have free admission to all of their classes, support groups and programs offered at Brooke Grove Retirement Village and in the Washington metro area.

The annual registration fee is \$30.

For more information or to register with the Foundation, call 703-734-1017.

www.parkinsonfoundation.org



THRIVING WITH PARKINSON'S CLASSES AND PROGRAMS



2019



THRIVING WITH PARKINSON'S

CLASSES AND PROGRAMS

Don't face Parkinson's alone! Brooke Grove Retirement Village is pleased to partner with the Parkinson Foundation to offer a variety of classes, programs and a support group for those with Parkinson's or other neurodegenerative diseases.

All classes are held in the Gathering Room on the lower level of Brooke Grove Rehabilitation and Nursing Center's new rehab addition, with direct access from the parking area.



Founded in 1950, Brooke Grove Retirement Village is a continuing care retirement community (CCRC) offering independent living, assisted living, rehabilitative and long-term nursing care, memory support and respite services. Its parent organization, the nonprofit Brooke Grove Foundation, Inc., also operates Williamsport Retirement Village in Williamsport, Maryland, and Rest Assured Residential Living in Meyersdale, Pennsylvania.

PFNCA COMMUNICATIONS CLUB

Susan I. Wranik, MS, MA, board-certified speech-language pathologist and president, Susan I. Wranik Associates, LLC

TUESDAYS, 12:30–1:30 P.M.

This weekly wellness and prevention program for individuals with Parkinson's disease and their care partners focuses on the maintenance of communication skills, with an emphasis on strengthening breath support and improving the ability to project and speak loudly enough to be heard in social settings.

PARKINSON'S POINTERS LIVESTREAM SEMINARS

Healthcare experts in the field of Parkinson's

DATES TO BE ANNOUNCED, 6:30–8 P.M.
CHECK-IN AND HORS D'OEUVRES, 6 P.M.

Parkinson's Pointers seminars are scheduled by the Parkinson Foundation and hosted three times each year at several locations in the Washington metropolitan area, including Brooke Grove. Details will be announced as soon as they are available.

PFNCA EXERCISE FOR PARKINSON'S

Terrie Daniels, senior fitness and wellness specialist, Brooke Grove Retirement Village and Paul Reavis, certified active aging specialist and certified personal trainer

MONDAYS, WEDNESDAYS & THURSDAYS
3:30–4:30 P.M.

This class for those with Parkinson's or other neurodegenerative diseases aims to improve posture, balance and circulation while also increasing strength, muscle control and mobility. Ms. Daniels instructs on Mondays and Wednesdays, and Mr. Reavis leads out on Thursdays. Participants may attend one, two or all three classes each week.

PARKINSON'S SUPPORT GROUP

Facilitator Barbara Rosen, MS, CHC, care manager and senior health advisor

SECOND WEDNESDAY OF EACH MONTH
2–3:15 P.M.

This group provides an opportunity for individuals and families to find support, gain understanding and share caregiving tips.

ALL PROGRAMS ARE FREE WITH YOUR \$30 ANNUAL PARKINSON FOUNDATION ADMINISTRATIVE FEE. REGISTER ONCE YEARLY WITH THE FOUNDATION AT 703-734-1017 AND THEN WITH BROOKE GROVE FOR THE SPECIFIC PROGRAM AT 301-388-7209.