



AdventHealth Sports Med & Rehab

A hospital department of AdventHealth Orlando

AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-3025.

20-SMR-08229

Fit Life. Full Life.

Parkinson's and Dementia Programs



AdventHealth
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Dementia Wellness Program

AdventHealth Sports Med & Rehab offers a dedicated wellness program that is specially designed to help those with dementia and their caregivers, with a focus on increasing each person's strength and confidence.

Our Dementia Wellness Program includes:

- One 30-minute assessment
- Four 30-minute 1:1 personal training sessions

New Member Pricing \$99

Parkinson's Wellness Programs

AdventHealth Sports Med & Rehab now offers two specially designed wellness programs to help Parkinson's patients and their caregivers. These programs include individualized movement assessments and group exercise classes.

Power-Up Package includes:

- Two 1-hour assessments
- Three group exercise classes

New Member Pricing \$70

Power-Ful Package includes:

- One 1-hour assessment
- Two 30-minute 1:1 personal training sessions
- Three group exercise classes

New Member Pricing \$80

Group Exercise Classes

Parkinson's programs have both PWR! (Parkinson's Wellness Recovery) classes and standard group exercise classes available. While both are specifically designed for Parkinson's patients, PWR! classes offer a slower pace and use specific PWR! approved movements. Our standard group exercise class experience provides an option for those Parkinson's patients with greater mobility. Each group exercise class can be modified based on a patient's abilities and needs.

Locations

Parkinson's Wellness Program

Altamonte Springs

(Offers PWR! classes)

711 East Altamonte Drive, Suite 200

Altamonte Springs, FL 32701

407-303-5465

Apopka

(Offers PWR! classes)

2100 Ocoee-Apopka Road, Suite 30

Apopka, FL 32702

407-609-7207

East Orlando

7975 Lake Underhill Road, Suite 345

Orlando, FL 32822

407-303-8626

Lake Mary

100 Waymont Court, Suite 120

Lake Mary, FL 32746

407-323-0399

Oviedo

8000 Red Bug Lake Road, Suite 140

Oviedo, FL 32765

407-359-5211

Orlando Ave.

351 North Orlando Avenue

Winter Park, FL 32789

407-646-7711

Dementia Wellness Program

Orlando Ave.

351 North Orlando Avenue

Winter Park, FL 32789

407-646-7711

For more information, please call the Sports Med & Rehab location most convenient to you.