

WellnessWorks

Exercise Programs

Beth Israel Lahey Health
Beth Israel Deaconess
Medical Center

WellnessWorks exercise classes are conducted over Zoom and taught live by instructors trained in the needs of PD. Summer Session: May 13th – August 11th

BASIC MEMBERSHIP: \$45.00 per month - Allows access to ONE class per week (4 to 5 classes per month). You can take the same class each week, or experiment with different classes each week.

FULL MEMBERSHIP: \$85.00 per month - Allows access to any of our classes each week, no limit to the number. There is a possibility that we may have to limit enrollment to certain classes IF any classes become too large.

SPONSOR MEMBERSHIP: \$125.00 per month - Allows access to any # of classes each week, while providing much-needed additional funds to help cover the expenses of our wellness programs. We hope that those who can generously be a sponsor will consider doing so. Sponsors are thanked in our newsletter, unless they prefer to remain anonymous.

To register, please use [THIS LINK](#) or contact Luna Luo at 617-667-2851 or zluo1@bidmc.harvard.edu. Scholarships are available if membership costs present a burden. We encourage care partners to participate alongside their loved ones.



Yoga

The Program: Classes are taught by a certified yoga instructor with special training in Parkinson's disease. Yoga improves posture, balance, and gait, in addition to providing greater physical confidence and peace of mind. We offer two yoga options: *Chair Yoga*, for those who prefer to use chairs for postural support, and *Dynamic Yoga*, for those who are comfortable rising from the floor.

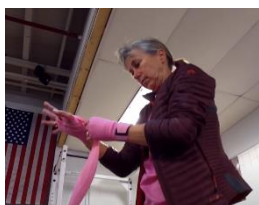
When: Chair Yoga: Wednesdays, 10:00–11:00 AM • Dynamic Yoga: Fridays, 10:00–11:00 AM



Tai Chi

The Program: This class consists of gentle movements and mind-body exercises to improve balance, strength, flexibility, coordination and other areas impacted by PD. Participants stand for most of the 60-minute class.

When: Tuesdays, 7:00–8:00 PM



Rock Steady Boxing

The Program: This high-intensity class offers non-contact, boxing-inspired workouts. Exercises focus on agility, balance, coordination, footwork and strength. Pace is set by the participant and every move has modifications. Instructors Cheryl Marconi & Max Marcoux are RSB-certified coaches and trailblazers in the field.

When: Mondays, Wednesdays, Fridays, 11AM-12PM



Nia® Moving to Heal: A PD Seated Workout

The Program: Joyfully increase your strength, mobility, flexibility and balance in this Nia® Moving to Heal class. Rosanne Russell, Nia® and experienced Parkinson's instructor, specializes in helping people personalize their movements in ways that are just right for their own bodies. This class is taught seated with optional standing choices and is set to fun and upbeat music.

When: Tuesdays, 1:30–2:30 PM



Self-Care for Care Partners

The Program: Reduce stress, build community and practice self-care. This class is part support group, part meditation. We begin each session by sharing care partner experiences, rewards and challenges. We end each session with a period of seated, guided meditation. Meditation practice is awareness based and requires no prior experience.

When: Wednesdays 4:30-5:30PM, Thursdays, 9:00–10:00 AM

WellnessWorks

Networking Groups

Beth Israel Lahey Health
Beth Israel Deaconess
Medical Center

Free WellnessWorks Networking Programs

In addition to our exercise classes, WellnessWorks holds a variety of networking programs for people with Parkinson's and their care partners. All programs are conducted over Zoom and are free. Below is a list of our current programs. We often add new programs and host some stand-alone educational events that are not included on this flyer; please join [our mailing list](#) to stay up-to-date on all WellnessWorks activities.

Contact Luna Luo at 617-667-2851 or zluo1@bidmc.harvard.edu for more information on these programs.



Calling All Artists

The Program: Calling All Artists brings artists with PD together to facilitate support, discussion and networking. Meetings are open to new members; artists of all kinds and varying skill levels are welcome. Join us for this “beyond the pill box” way to maintain your wellness and continue to enjoy your artistic pursuits.

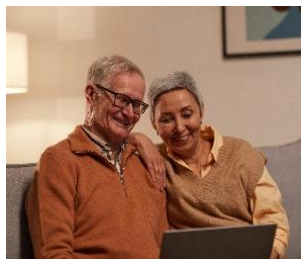
When: Variable. Please email Luna Luo at zluo1@bidmc.harvard.edu to RSVP



Museum of Fine Arts Virtual Tours

The Program: Our Center of Excellence collaborates with the Museum of Fine Arts, Boston Community Access Program to offer monthly remote tours of selected art pieces to people with Parkinson's and their care partners. Occasionally, these tours are held in person.

When: Variable. Please email Luna Luo at zluo1@bidmc.harvard.edu to RSVP



Managing the Middle Years

The Program: This discussion group brings people with Parkinson's together to consider the challenges of the “mid years,” when medications may no longer be as effective and new PD symptoms may mean additional lifestyle changes. Discussion is facilitated by Lissa Kapust, LICSW, and two individuals with PD who are in their “middle years.”

When: Variable. Please email Luna Luo at zluo1@bidmc.harvard.edu to RSVP



Young People with Parkinson's [Collaborative Program with MGH]

The Program: Are you 50 years or younger and diagnosed with Parkinson's? This collaborative program with MGH's Center of Excellence provides an opportunity to connect with others and discuss the unique challenges that come with a young PD diagnosis. Discussion is facilitated by BIDMC's Lissa Kapust, LICSW, and MGH's Katrina Rudd, LICSW.

When: Variable. Please email Hannah at hbabcock@bidmc.harvard.edu to RSVP

WellnessWorks

Networking Groups

Beth Israel Lahey Health
Beth Israel Deaconess
Medical Center



Parkinson's: It's a Family Affair [Program for Adult Children]

The Program: Being an adult child whose parent has Parkinson's can be both challenging and rewarding. This special program for adult children provides an opportunity to connect with others, ask questions and plan for current and future needs of your parent. Meetings are facilitated by Lissa Kapust, LICSW, and David K. Simon, MD, PhD.

When: Variable. Please email Luna Luo at zluo1@bidmc.harvard.edu to RSVP



For and About Women

The Program: This networking group brings women with Parkinson's together to share experiences, perspectives and strategies for daily living. Meetings promote recognition of issues unique to women with PD. Periodically, guest speakers are featured to offer their expertise on relevant topics. Join us to build community within a strong group of women!

When: Variable. Please email Luna Luo at zluo1@bidmc.harvard.edu to RSVP



JCC Care Partner Support Group

The Program: This networking group reflects a collaboration between BIDMC's Center of Excellence and the JCC Greater Boston. It is facilitated by Lissa Kapust, LICSW, and meets virtually on the second/fourth Tuesday of each month. Group size is limited. There is a small fee for participation. Email Luna Luo at zluo1@bidmc.harvard.edu for more information.