

Parkinson's Exercise and Falls Prevention Workshop



Wednesdays, 12:30 pm to 2 pm • February 18 - April 15 (No class March 18)

Are you concerned about your risk of falls? Are you looking to increase strength and improve balance? The **Parkinson's Exercise and Falls Prevention Workshop** is a free 8-week program designed to help people living with PD improve balance, strength, and confidence in daily activities. Developed by Stony Brook University, and in collaboration with Stony Brook Southampton Hospital, the program will be led by Stony Brook University Physical Therapy graduate students, under expert clinician and faculty supervision. **Classes will be held in-person at Stony Brook University-Southampton.**

By joining this program, you will:

- Learn exercises to improve balance, strength and reduce your risk of falls
- Learn how to manage your fall risk with home modifications and other fall prevention strategies
- Learn about community resources to help you stay physically active and connected

For more information or to register, please contact Sarah Cohen: (631) 644-6667



Or register [HERE](#)