



## **DIVERSITY, EQUITY, INCLUSIVITY**

The Center for Movement Challenges (CFMC)<sup>™</sup> offers classes designed specifically for people with Parkinson's disease, taught by dedicated, passionate, Parkinson's certified trainers, therapists and healthcare professionals. A diverse variety of classes are offered to be inclusive of participants of varied capabilities and preferences, with modifications.

Medical research proves these types of exercises improve motor and non-motor symptoms, and help slow the progression of Parkinson's disease.

## **ASSESSMENTS**

Assessments are required prior to beginning our workouts in order to provide a safer and more effective workout.

- **In-person Classes @ Sandy Springs Wellness Center:**
  - Start by filing out the Registration Form @ [www.centerformovementchallenges.org](http://www.centerformovementchallenges.org).
  - Next contact our social worker Lynn Ross to schedule an orientation meeting and assessment with our partners Synapse NeuroRehab & Wellness.  
Phone: (770) 337-3065  
Email: [suelross@gmail.com](mailto:suelross@gmail.com)
- **On-line or Virtual classes:**

- **Start by by filing out the Registration Form @ [www.centerformovementchallenges.org](http://www.centerformovementchallenges.org).**
- **Next watch the On-line Assessment Video @**

**Welcome to the CFMC family!**

## **CLASS DESCRIPTIONS**

**LDBF Boxing for Parkinson's™**, CFMC's flagship program is a ***non-contact*** boxing workout that provides vigorous exercise along with the intentional mind-body, goal-oriented coordination.. Boxing classes typically consist of warm-up, followed by instruction in boxing training techniques, finishing with cool-down segments. .

- **Boxing for Parkinson's Level I/II Standing Classes** – Designed for active people with minimal disability, with no or minor balance issues, who are physically independent, able to stand during workout.
- **Boxing for Parkinson's Level III/IV Seated Classes** – Designed for people with more advanced PD symptoms seeking to address balance, slow movement, and other impairments with a less intense seated workout, longer rest periods, and more individual attention. Physical therapy students and volunteers assist participants offering one-on-one attention at our Sandy Springs location.
- **Boxing for Parkinson's Virtual LIVE Standing Classes:** Join our LIVE community and interact with trainers and other members.

- **In- Person** classes available at: Walter & Estelle Strauss Wellness Center 6667 Vernon Woods Drive Sandy Springs, GA. 30328. See schedule.
- **On-line** video classes available in English and Spanish at [www.centerformovementchallenges.org](http://www.centerformovementchallenges.org)
- **Virtual LIVE** classes available at: Monday and Wednesdays @ 11:15 AM EST, Fridays @ PM EST.

**Optimizing Exercise Classes**— emphasis on physical therapy-based exercises including stretching and flexibility, strengthening, balance and coordination, posture improvement, movement amplitude, fall prevention and recovery, gait, transfer and mobility improvement. Classes incorporate elements of LSVT BIG® and PWR!® taught by Parkinson's Certified Physical Therapists.

- **In- Person** classes available at: Walter & Estelle Strauss Wellness Center 6667 Vernon Woods Drive Sandy Springs, GA. 30328.
  - **Optimizing Level 1/2 Standing**; Designed for active people with minimal disability, with no or minor balance issues, who are physically independent, able to stand during workout and get on and off the floor independently. Mondays & Wednesdays @ 11:15 AM EST
  - **Optimizing Level 2.5 Standing**: Designed for a slower paced standing workout with less on-off the floor.. Tuesdays @ 11:15 AM EST
  - **Optimizing Level 3/4 Seated**: Designed for people with more advanced PD symptoms. Physical therapy students and

volunteers assist participants offering one-on-one attention. First and third Wednesdays every month @ 12:30 PM EST.

- **On-line** video standing and seated classes available at [www.centerformovementchallenges.org](http://www.centerformovementchallenges.org)

**Speech Classes-** Breath and Brain Works is a virtual, seated workout for the voice, face, and brain. This class was created by a speech-language pathologist certified to help people with Parkinson's disease maintain communication function. It is not a replacement for speech therapy. Join us as we work on breath support, speech projection and articulation, facial movement, and brain exercises for cognition.

- **Virtual LIVE** classes available Saturdays at 9:00 AM EST on Zoom Meeting ID 87539893692 Passcode boxing.
- **On-line** video classes available at [www.centerformovementchallenges.org](http://www.centerformovementchallenges.org)

**Yoga and Meditation Classes:** utilize bodily postures and breathing techniques to improve both physical and mental health, as well as improve relaxation. Other benefits include:

- Breathing techniques to manage stress, anxiety and depression.
- Improves balance.
- Awareness and engagement of core muscles to benefit posture.
- Active and passive stretching leads to better joint mobility and flexibility reducing rigidity, increases range of motion.
- Low impact strengthening exercises keep joints safe.

- **In- Person** classes available at: Walter & Estelle Strauss Wellness Center 6667 Vernon Woods Drive Sandy Springs, GA. 30328
- **On-line** video classes available at [www.centerformovementchallenges.org](http://www.centerformovementchallenges.org)

**Stretching Classes:** are taught by a Myoskeletal Alignment therapist, utilizing orthopedic based stretching techniques to Increase flexibility, reduce rigidity, improve strength and endurance, maintain and improve posture. A perfect class to do before any of the other classes to limber and warm up.

- **On-line** video classes available at [www.centerformovementchallenges.org](http://www.centerformovementchallenges.org)

**Fencing Classes:** the sport of Fencing has ancient origins and is believed to have developed from techniques of swordplay, wrestling and boxing. Boxing in its early days was taught as “fencing with the fists”, intended for both sport and defense. Benefits of fencing include:

- Improves footwork, agility, range of motion
  - Builds cardiovascular and strength endurance
  - Improves mental health: builds confidence in achievement
  - Improves cognition: learning new skills, new vocabulary, improves quick responses, requires mental focus and strategic planning
- **In- Person** classes available at: Walter & Estelle Strauss Wellness Center 6667 Vernon Woods Drive Sandy Springs, GA. 30328 First Tuesday of every month

**Pickleball Team:** a sport that merges elements from tennis, badminton and table tennis, offers several advantages:

- Social connectivity and interaction
  - Full body physical workout from serving to volleying.
  - Improved coordination and balance reducing fall risk
  - Mental stimulation
  - Mood enhancement
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- Sandy Springs Tennis Center 500 Abernathy Road NE Atlanta, GA. 30328 Mondays @ 1:00-3:00 PM EST Registration required contact Janet @ (404) 275-1481

**Additional Services:**

CFMC™ is partnered with the following service providers, all conveniently located within or adjacent to the Walter and Estelle Strauss Wellness Center. These services play an important role in the Continuum of Care philosophy, which provides an ongoing, interactive working relationship between Neurologists, Therapists and Exercise Professionals providing participants the ultimate in care.

**Physical Therapy at Synapse NeuroRehab+Wellness** – One-on-one treatment by Doctors of Physical Therapy (DPTs) to address impairments and functional limitations, to delay the progression of symptoms, and to maximize independence, mobility, safety, and quality of life.

**Nutritional Counseling** – Functional Nutrition therapy integrates evidence-based biology and wellness solutions to heal the entire person - mind, body and spirit.

**Massage Therapy** – Osteopathic-based therapy through Myoskeletal Alignment Therapy (MAT) and brain-based movement therapy of Physiokinetix (PKT) can help improve posture, relieve muscle, joint and back pain, and increase range of motion.

**Social Services** – A social worker discusses the needs, challenges, and issues of each member of the family, especially the caregiver(s), and provides resources to enhance the quality of life of all family member