

What are the benefits of What is the LiveWell Parkinson's Program?

Below is a brief look at some of the benefits of joining an exercise program

- Improves balance through specific activities
- Improves confidence in movement patterns and activities
- Improved strength and flexibility
- Improved quality of life through socialization and support from your exercise group

For More Information about the LiveWell Parkinson's Program or to receive and application call: 655-LIVE (655-5483)

Please return completed applications to:

Saskatoon Field House
2020 College Drive
Saskatoon, SK
S7N 2W4
Or Fax: 655-4596



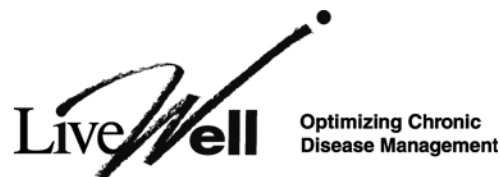
The LiveWell Parkinson's Program would like to thank the Saskatoon Parkinson's Disease Support Group for their assistance.
Contact: Randy Dittmer - 955 2273

Pillars of Chronic Disease Management Program Design

Exercise	Disease-Specific Management	Self-Management
<ul style="list-style-type: none"> • Community based supervised exercise and rehabilitation programs providing personalized exercise prescription • Education sessions • Group and social support 	<ul style="list-style-type: none"> • Inter-professional team working closely with individuals, their family, Family Physicians and Specialists. • Evidence-based optimal care delivery. 	<ul style="list-style-type: none"> • Individualized plan of action for patients • Peer-led support classes through the LiveWell with Chronic Conditions Program • Enhance self-management skills

Saskatoon and area locations

- Royal University Hospital
- Saskatoon City Hospital
- St. Paul's Hospital
- Saskatoon Field House
- White Buffalo Youth Lodge
- West Winds Primary Health Centre
- Cosmo Civic Centre
- Confederation Mall
- Humboldt



Optimizing Chronic Disease Management

What is the LiveWell Parkinson's Program?

It is an exercise program to assist persons with a mild to moderate impairment begin an exercise program and improve quality of life.

What happens at the LiveWell Parkinson's Program?

All participants will be assessed by a physical therapist to determine the appropriate group for exercise.

The LiveWell Parkinson's Program will consist of stretching, strengthening, balance, coordination, postural and mild aerobic exercise.

Most of the activities will take place in groups.



How do you register for the LiveWell Parkinson's Program?

Applications can be picked up at the Saskatoon Field House or call 655-4595 to have one mailed to you.

When are the LiveWell Parkinson's Program classes offered?

- Parkinson's (Jan -Jun, Sept-Dec)
Tuesdays and Fridays
2:30-4:00PM
- Classes are located at
the Saskatoon Field House
2020 College Drive

What about Support Systems?

Participants are encouraged to bring a support person as well as their wheelchair, walker or cane if they use one.

