

Webinar Series Information Sheet Program Title:

Restoring Hope: Exercise for Parkinson's Disease Webinar

Course Description: A diagnosis of Parkinson's Disease is no longer regarded as a death sentence. This uplifting workshop aims to increase function and restore hope by using exercise as a means to manage and (possibly) even regress Parkinson's. Using the most current research and exercise trends you'll learn specific exercise protocols to maintain function for the client living with Parkinson's. This important program has the potential to both strengthen and empower the client living with Parkinson's disease!

Learning Objectives:

Restoring Hope: Exercise for Parkinson's Disease

After taking this class you will be able to:

- Identify potential causes, genetic factors and symptoms of Parkinson's Disease.
- Explain the progression of Parkinson's Disease.
- List the movement and non-movement considerations for exercise programming for Parkinson's Disease.
- Identify exercises to integrate upper body, lower body, and core muscles to improve symptoms of Parkinson's Disease.
- Identify resources to support individuals with Parkinson's Disease.

Target Audience: Fitness Professionals, Strength & Conditioning Specialists, ATs, PTs, PTAs, LMTs.

Schedule and Format: Recorded webinar series.

Registration Fees: Please visit our website for the most up-to-date continuing education awards and pricing details.

Cancellation/Refund Policy: Exercise ETC has a **no refund policy** for all "live" training programs. If you are unable to attend a live training program, we will be happy to issue you an in-house credit for the courses you did not attend. The credit is good for one year and may be used for any program or product you desire. Request for a credit must be made in writing within 10 days of the originally scheduled class

Course Developer Credentials:

Guy Andrews, MA, CSCS

Guy is the Executive Director of Exercise ETC. He is a Certified Strength and Conditioning Specialist through NSCA as well as a Senior Fitness Specialist and a Performance Enhancement Specialist,

both through NASM. He has worked in the fitness field since 1983 as a boot camp instructor, group fitness instructor, group fitness director, personal trainer, fitness director and health club general manager. He earned his bachelor's and master's degrees from Florida Atlantic University in Boca Raton, FL and holds multiple fitness certifications. Over the years, Guy has worked with many population groups, especially the older adult population, and has worked in a variety of environments including corporate fitness, hospital-based wellness centers, municipal and community centers and major health clubs. He currently teaches senior fitness for the City of Wilton Manors, FL as well as at the Edgewater Assisted Living Community in Boca Raton, FL.

Course Presenter Credentials: Presenters vary. Please see our website for faculty assignments & credentials

Contact Hours/CEUs/CECs: Please visit our website for the most up-to-date continuing education awards.

Sponsors: N/A