

Parkinson's Disease Education Lecture: Exercise as Medicine

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The Parkinson's Disease Education Lecture: Exercise as Medicine class is for patients who have been diagnosed with Parkinson's Disease. This is a lecture where you will learn information about what Parkinson's Disease is, who the members of your Kaiser Permanente team are, the importance of exercise and Parkinson's Disease, and what you can do at home to get started with exercise. There will be a question and answer session at the end. For more information please talk with your Neurologist or Physical Therapist.

FREQUENTLY ASKED QUESTIONS

- **What should I wear to the class?** Comfortable clothes, this is a lecture only.
- **What should I bring?** A pen to write with if you would like to take notes. We will be handing out papers to follow along with.
- **Can I bring someone with me?** Yes, we encourage you to bring a family member or caregiver.
- **How do I register for the class?** Ask your neurologist or physical therapist