

We KNOW Parkinson's is different for EVERYONE!

We pioneer PD-specific treatment and join our clients on their journeys.

Now we bring it to you in the PWR! Virtual Experience. Join Us!

Improve Balance, Strength, Flexibility & Posture - Improve Your Life

"PWR! to the people is a real thing, and if you have PD, you absolutely need to become a member and/or client. Regardless of where you are in your Parkinson's journey, you will be welcomed and will benefit tremendously."

-Thom C.



Join the PWR! Virtual Experience!

Guided Plans

Why play the "pick an exercise video" game when you can have guided plans curated with you in mind?

Parkinson's Focused

Our experts focus on PD all day, every day, and we have for over a decade.

Live Virtual Classes via Zoom®

We want to see you! Keep motivated and moving with our live Zoom classes.

Educational Materials

You probably have questions—let us help you find the right answers.

Class Variety

From boxing to yoga, we've got something for everyone in our extensive library and live!

PWR!ful Community

With each new member, our community grows—we'd love for you to join us!

Classes Offered

Strength Training | Tai Chi

Trekking Pole Classes | Yoga

Cognitive Challenge | Dance

Cooldowns | Cardio | Fundamentals

PWR!Moves | Boxing

Adaptations | PWR! Circuit | Pilates

**One-on-one Parkinson's-specific
wellness consultations
also available.**

PWR!Moves®

We're the home and creators of PWR!Moves - exercises that help maintain and restore skills that may deteriorate and interfere with everyday movements in people with Parkinson's disease.



**Launching Soon. Be the first
to know when we go live:**

www.pwr4life.org/virtual-pwr/

Welcome to the PWR! Exercise Revolution!

Thank you so much for expressing an interest in our Virtual PWR! Experience and for taking the time to learn more about how you can **get better and stay better with exercise!**

As the founder of PWR! and a pioneer in PD-specific exercise and rehabilitation research and programming, I am delighted to welcome you to the same cutting edge-programming we implement in our PWR! Gym flagship facility in Tucson, AZ! Our mission has always been to increase access for people with Parkinson disease to neuroplasticity-principled programming starting at diagnosis and continuing for life. I am so proud how our PWR! team has taken this moment in time to face the challenges of a new global healthcare delivery reality. We have been busy rethinking almost everything we do at our in-person PWR! Gym in order to harness our expertise and creativity and bring you this new Virtual PWR! Experience!



Dr. Becky Farley

Since 2010, PWR! has grown from an organization of 3 staff in 1,000 sq. ft. to 25 staff in 16,000 sq. ft.! In 2011, we launched our annual PWR! Retreat, a week-long immersion into exercise for brain change essentials to empower persons with PD to get started, live well, and take control of their own trajectory of living with PD. In 2012, we established our brick and mortar PWR! Gym to demonstrate the feasibility of implementing an integrated model of healthcare for persons with PD - one that begins at diagnosis with rehabilitation, and then cycles to PD-specific community exercise and wellness programs and back to rehabilitation, as a continuum of care for life. We have now trained and certified over 6000 therapists and fitness professionals worldwide to be PWR! PD-exercise specialists and encouraged them to join forces and form their own local continuum of care networks.

We couldn't have achieved all this without our amazing PWR! Team composed of our volunteer board and executive, administrative, and educational staff, along with all of our PD-specialized therapists and fitness professionals. **Helping individuals with PD is all we do! Every day!**

We can now add the “Virtual PWR! Experience” to our accomplishments, as an exercise and wellness resource for people everywhere to access and derive benefit. You will have access to our expertise through self-assessment, guided plans that start with the PD-specific fundamentals, educational content, tips, Q&A with an expert, and a growing library of PD-specific pre-recorded and live exercise classes of varying types and intensity - both physical and cognitive! If that is not enough, we offer physical therapy evaluations, intensives and wellness consults (in-person or virtually) for insurance or cash depending upon the service and location of residence. Let us supplement your current therapy and exercise programming or be your “one stop - exercise for brain change - shop”.

You can now experience the same empowering proactive PWR! Gym environment as our Tucson locals and guests, where YOU can be YOU. **Challenge yourself physically and cognitively, and receive coaching, social support and emotional connectedness... all from your HOME!**

We know that Parkinson's research is ongoing and growing every day. **We do the work of incorporating that research into exercise and wellness content so that you don't have to.** Together we can bring you hope and connection, and the ability to live your best life.

Thank you for considering the Virtual PWR! Experience, and I hope to “see” you in class soon.

Sincerely,

Becky



www.pwr4life.org/virtual-pwr/