



Sponsored by Coeur d'Alene Parkinson's Support Group

Keep on Moving Living with Parkinson's



Date

October 5, 2023

Time: 1:00 P.M.-3:00 P.M.

Place:

PEAK Health & Wellness Center

940 W. Ironwood Drive

Coeur d'Alene, ID 83814

Master of Ceremonies

**Karin Duncan, N.MD
CDA Healing Arts**

For more information call :

Beth at 208-635-5243

or

Pat at 208-660-7603

or visit us at

www.cdaparkinsons.com

Guest Speakers

- **Narine Kadekian
PEAK Health & Wellness Center
Exercise & Fitness**
- **Shawn Moehring MPT, DIP, MDT,
OCS, CEAS
MAC Physical Therapy**
- **Jana Hull, D.C.
Unlimited Health Chiropractic
Chiropractic services benefit PWP's**
- **Steve Hebner,
Service Animals for PWP's**
- **Gunnar Amos,
The BioPerformance Institute**
- **Jill Ciccarello,
The Benefits of Yoga for PWP's**

Resources

- **Area Agency on Aging of N. Idaho**
- **BioPerformance Institute**
- **Inland NW Research**

This event is free and open to anyone interested in Parkinson's.

Research shows that

EXERCISE SLOWS THE PROGRESSION OF PD.