

The National Parkinson's Foundation is funding a 2-day event in Oriental - The Parkinson's Exercise Prescription (PEP) Retreat - to give people with Parkinson's Disease (PD) an opportunity to learn about and personally experience, scientifically-proven, PD-specific exercise programs. The retreat will be held in Oriental on Saturday and Sunday, October 28-29, 2017, at two locations - Village Health and Fitness and the Oriental Woman's Club.

Research shows that *Exercise is Medicine* for people with PD. It not only provides the "fitness" gains that benefit everyone, but can significantly decrease many of the symptoms of Parkinson's such as tremors, slow or absent movement, falls and depression. Further, studies are finding that certain, specific exercises may even slow the progression of the disease.

But most people with PD aren't given much guidance about the type, intensity or amount of exercise that will most benefit them. Nor do they know about the various programs that have been developed specifically for people with PD. Oriental is "home" to four such programs.

There are still a few spaces left for people with PD who want to **register** for this not-for-profit event and find out more about how the right exercises can benefit them. Medical clearance is required. Information can be downloaded from www.PEPretreat.com, or pick up a brochure at the Village Health and Fitness.

Volunteers are needed to help with the weekend event. Plenty of opportunities exist from helping set up food and equipment, transporting participants between the two locations, to serving food and drinks. You can help even if you have just a couple of hours to spare. If you are interested in volunteering, please contact Cecily Lohmar at cecilylohmar@gmail.com.