

2017 Young Onset Parkinson's Disease Support Group Calendar

For Parkinson's Disease patients/caregivers, active in their community, career, or lifestyle.
Held the 2nd Thursday of each month from 4:30 - 6:00 pm unless otherwise indicated.

<p>February 9th - RxRelax Seated Therapeutic Yoga</p> <p>Presented by Terry Gupta, MSW, RxYT of RxRelax and Yoga Caps, Inc.</p> <p>RxRelax.com YogaCaps.org</p>	<p>There is strong evidence that yoga can help increase or maintain a person's level of mobility, independence, and body awareness. Better balance, greater strength, fewer muscle cramps, increased concentration, better posture and deeper, easier breathing are also common benefits to yoga in those with PD.</p>
<p>March 9th - QiGong</p> <p>Presented by Sloane Franklin, Zen Wellness Certified Qigong and Yang style Tai Chi instructor from Taoist Arts Center.</p> <p>TaoistArtsCenter.com</p>	<p>Qigong is made up of slow, flowing motions that may improve flexibility, balance and muscle strength. A study showed exercises like qigong may improve the balance of people with mild to moderate PD more than stretching and resistance training. It may also reduce falls.</p>
<p>April 13th - Massage Therapy</p> <p>Presented by Rachelle Lowe, LMT of NH Massage Therapy</p> <p>NHMassageTherapy.com</p>	<p>Massage therapy can reduce muscle tension, increase blood flow and oxygen to muscles, and promotes relaxation. Those with PD may see improvements in muscle and joint stiffness and rigidity, mood, and range of motion.</p>
<p>May 12th FRIDAY - Rock Steady Boxing</p> <p>Presented by Albert Latulippe, Owner/Coach of Rock Steady Boxing Boston</p> <p>RockSteadyBoxing.org/Parkinsons-Boxing-Classes/</p>	<p>Rock Steady Boxing is a program specifically designed for those with PD. Physical exercise with PD is shown to improve gait, balance, tremor, flexibility, grip strength and motor coordination. Physicians and physical therapists often agree that it improves mobility, decreasing the risk of falls, and slows the disease's progression.</p>
<p>June 8th - Naturopathic Medicine</p> <p>Presented by Dr. Madalyn Otto of Whole Health Concord</p> <p>NaturalMedicineNH.com</p>	<p>Naturopathy emphasizes the body's ability to heal itself. Therapies include the use of natural foods and supplements, massage, hydrotherapy, homeopathy, and exercise that supports self-healing. Practitioners of naturopathy generally prefer to use treatment approaches they consider the most natural and least invasive.</p>