

Restore confidence  
and live your  
best life.



## Delay the Disease™

### Parkinson's Disease Wellness Program

Upper Valley Medical Center offers group exercise for individuals with Parkinson's disease. Delay the Disease™ is an evidenced-based fitness program designed to empower those living with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms.

#### Delay the Disease™ helps to:

- Proactively push back against overall disease progression using dedicated exercise therapies targeting Parkinson's symptoms
- Empower participants to take control of the disease with daily exercise
- Enhance lives physically, functionally, and emotionally
- Restore hope, confidence, and optimism

Classes are taught by physical therapists certified in the Delay the Disease™ program.

Sessions consist of mobility, balance, and strengthening exercises that target Parkinson's symptoms. The program can help participants:

- Move through a crowd with more ease and confidence
- Improve the ability to get in and out of bed or a chair independently
- Dress independently
- Improve balance
- Improve step length and walking/gait pattern

Exercise plans are adapted to all levels of the disease and are valuable from diagnosis through all stages of progression. Prior to beginning the class, physical therapists evaluate each participant's strength, walking/gait speed, and balance to obtain baseline measures.



You will find new safety measures in place when you come to our facilities for care.

For more information on the steps we are taking to keep you safe, visit [PremierHealth.com/KeepingYouSafe](https://PremierHealth.com/KeepingYouSafe).

#### Delay the Disease™ classes:

**Tuesdays and Thursdays,**  
11:15 a.m. – 12:15 p.m., 12 – 1 p.m.,  
or 1:15 – 2:15 p.m.

Participants will be assigned a time slot based on their pre-assessment with a physical therapist.

**Regular Price:** \$240 for pre-assessment and 24 classes

**Special Price:** \$120 due to the generosity of the Tim Drake Family Fund.

Registration fee for Tipp City residents has been paid in full by the Tim Drake Family Fund.

#### Winter Session (24 classes):

Jan. 10 – March 30, 2023

Registration deadline is Dec. 22, 2022

#### Spring Session (24 classes):

April 11 – June 29, 2023

Registration deadline is March 24, 2023

#### Fall Session (24 classes):

Sept. 12 – Dec. 5, 2023

Registration deadline is Aug. 18, 2023.



#### 11:15 – 12:15 p.m. Class:

##### Upper Valley Medical Center

Physician Office Building  
Conference rooms 1–3 (lower level)  
3130 N. County Road 25A  
Troy, OH 45373

#### 12 – 1 p.m. Class and 1:15 – 2:15 p.m. Class:

##### Miami County YMCA

##### Robinson Branch

3060 S. County Road 25A  
Troy, OH 45373



#### Registration

Call (866) 608-3463 or register online at [PremierHealth.com/DelayTheDiseaseWellness](https://PremierHealth.com/DelayTheDiseaseWellness)



#### For more information

Call (937) 492-0270.