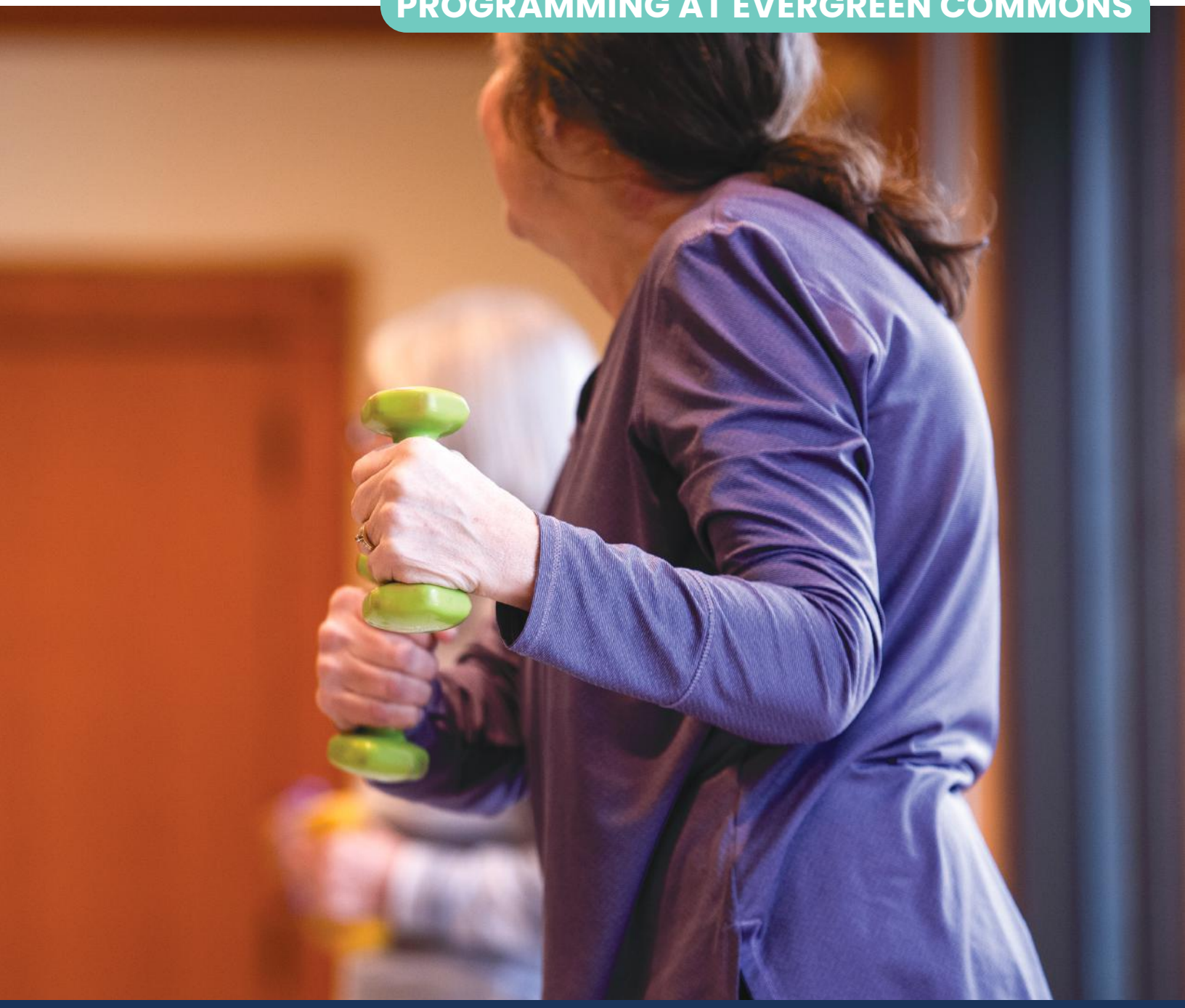
# Parkinson's

## MOVEMENT • VOICE • STRENGTH • COMMUNITY

**PROGRAMMING AT EVERGREEN COMMONS**



Evergreen Commons

POWER TO MOVE

# welcome

For more than 25 years, Evergreen Commons has been a trusted guide for individuals and families living with Parkinson's disease. What began in partnership with Holland Hospital has grown into a specialized, research-informed program that supports strength, mobility, confidence, and connection.

## START HERE.

Our trained and certified staff lead ten class formats and ongoing support opportunities, designed to meet people where they are and help them move forward. Backed by strong healthcare, rehabilitation, and community partnerships, Evergreen Commons offers expertise and compassionate support throughout the Parkinson's journey.

**Not sure where to begin?**
Schedule a ***complimentary Parkinson's consultation and assessment*** and we'll help you find the right starting point.



**Sydney Meeuwsen**
616-355-5146
meeuwsens@evergreencommons.org

**Stay Connected**
Sign up for our email newsletter for program updates, events, and resources.

**PD Connect**
A new digital resource for people living with Parkinson's and staff to track symptoms and physical assessments.

## PWR!Moves®
Parkinson Wellness Recovery

***PWR!Moves are Parkinson's-specific, research-based exercises designed to improve mobility, balance, and everyday function through large, intentional movement.***

**PWR! MOVES CHAIR**
Seated Parkinson's-specific exercises focused on large, intentional movements to improve posture, mobility, and daily function.
**Tues & Thurs | 10:00–10:45am | Seminar Room**

**PWR! COMBO**
A combination of seated, standing, and guided floor exercises. Focuses on strength, balance, and movement transitions in a supportive environment.
**Tues & Thurs | 9:00–9:45am | Seminar Room**

**PWR! MOVES CIRCUIT**
Designed to improve fitness, manage symptoms, and increase daily activity for independent movers.
**Mon & Wed | 10:15–11:00am | Seminar Room**

**PWR! GAIT**
Improve walking, posture, coordination, and confidence through targeted movement strategies rooted in the PWR!Moves® approach. Ideal for individuals who walk independently and do not use assistive devices.
**Fri | 10:15–11:00am | Auditorium**

Evergreen Commons

Michigan Parkinson Foundation

# Movement & Specialty Classes

**PEDALING FOR PARKINSON'S SPIN**
A cycling class following *Cleveland Clinic's* Parkinson's specific protocols designed to improve gait, stamina, balance, and overall symptom management through consistent, purposeful pedaling.
**Mon, Wed, & Fri | 9:00–10:00am**
**Tues & Thurs | 11:00am–12:00pm**
**Cycling Studio**

**STRONG FOUNDATIONS PARKINSON'S EXERCISE**
A targeted exercise class emphasizing core strength, posture, and balance.
**Mon | 12:00–12:45pm | Dance & Music Studio**

**MOVING WITH PARKINSON'S**
A dance-based class offered in partnership with the Grand Rapids Ballet. Encourages creative expression, mobility, and connection through guided movement in a supportive setting.
**Sept-May | Wed & Fri | 12:15–1:00pm**
**Dance & Music Studio**

**POWER TO MOVE DRUM LINE**
Feel the rhythm in this energizing cardio drumming class designed for individuals living with Parkinson's or cancer. Improve endurance, coordination, and well-being through music, movement, and community.
**June-Aug | Fri | 12:15–12:45pm | Seminar Room**

# Voice & Fine Motor

**VOCALIZE**
A Parkinson's-focused voice class based on LSVT BIG & LOUD® principles, designed to strengthen vocal volume, clarity, breath control, and conversational confidence.
**Wed | 11:15am–12:00pm | Study Hall**

**FINE MOTOR FITNESS**
Focused on improving hand strength, dexterity, coordination, and precision to support everyday tasks like writing, buttoning, and utensil use.
**Mon | 11:15–11:45am | Study Hall**

# Additional Support

**Parkinson's Wellness Workshop**
A monthly educational presentation for individuals living with Parkinson's and care partners to connect, share, and learn together.
**3rd Wed | 2:30pm | Seminar Room**

**Parkinson's Support Group**
A welcoming community for individuals with Parkinson's to connect, support one another, and share experiences.
**4th Tues | 12:00-1:00pm | Study Hall**

**Ladies Parkinson's Support Group**
A welcoming space for women with Parkinson's to connect and share.
**Fri | 11:00am | Study Hall**

**Carepartner Support Group**
A supportive space for care partners to connect and share.
**Thurs | 10:00am | Board Room**

**Ridge Point Church**
**Parkinson's Support Group**
Connect with individuals living with Parkinson's and carepartners.
Contact: Deb Austhof (616)886-4341
**1st Thurs | 12:30-2:00pm | Entrance F**

**Parkinson's-Specific Personal Training**
One-on-one sessions tailored to your unique symptoms, abilities, and goals.

## Our Instructors


Amy


Attila


Bree


Jaclyn


Marcie


Sydney


Zach

Michigan Parkinson Foundation

Parkinson's Foundation ACCREDITED EXERCISE EDUCATION PROGRAM

PWR!Moves® CERTIFIED INSTRUCTOR

## Our Commitment

POWER TO MOVE

**REFLECTS OUR ONGOING DEDICATION TO:**

- **Deepening support** for those living with Parkinson's
- **Strengthening** caregiver inclusion and connection
- **Expanding** therapeutic arts and wellness **programming**
- **Creating meaningful opportunities** to move, create, and thrive together

**Scan here to sign up for classes, or give us a call!**

Evergreen Commons
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Holland, MI 49423
616-396-7100
**www.evergreencommons.org/parkinsons**