



Roseville Health
& Wellness Center

Parkinson Wise Exercise Program

Small group or individual program for persons' diagnosed with Parkinson's. The RHCW program includes:

- *Aerobic exercise- Increase oxygen delivery and neurotransmitters for heart, lung and nervous system health. In addition, aerobic exercise to decrease stiffness and improve mobility.*
- *Exercises focused on; trunk rotation, balance and preparatory adjustment, attention and learning, decrease depression & anxiety.*
- *Functional strength to improve Action of Daily Living (ADL)*

60 minute sessions, twice weekly.



Instructors:

Mark Cavallaro

- *BS in Exercise Physiology with a minor in Nutrition from San Jose State University*
- *Certified Strength & Conditioning Specialist through NSCA*
- *Certificate in Parkinson Wise Program through Kaiser Neuroscience*

Kaitlyn Wise

- *BS in Exercise Physiology with a minor in Nutrition from Chico State University*
- *Certified Personal Trainer through ACSM*
- *ASEP Coaching Certification*
- *Certificate in Parkinson Wise Program through Kaiser Neuroscience*



To learn more about this program contact
Lisa Schetter at 916-677-1200

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