



Preventative and Rehabilitative  
Exercise Program

# Functional Life EXercise (FLEX)

FLEX is an exercise class for those diagnosed with Parkinson’s Disease, with an emphasis on power, strength, balance and flexibility. It is designed to include cognitive training, gait training, as well as cardiovascular exercise in efforts to prolong the progression of disease-related motor and non-motor impairments and functional limitations. Holistic educational information will be incorporated during classes.

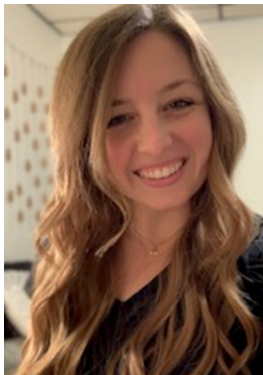
### Qualifications for Participation

1. Ability to perform a floor transfer independently or with the assistance of an external object (chair).
2. Ambulatory without use of rollator or rolling walker. May use SPC at times but able to exercise without use of AD.

January 6–March 17  
Saturdays, 9–10 a.m.

Messiah University Falcon Fitness Center

*The class will meet once a week (excluding February 3, 10 and 17)*



### RACHEL RYDER

Rachel is a physical therapist who graduated from Temple University in 2020 with her Doctor of Physical Therapy. She previously worked in outpatient geriatric and neurology care with special interest in Parkinson’s Disease care and group exercise. After moving back to the Harrisburg area, she began working at the Helen M. Simpson Rehabilitation Hospital.

If you have any questions, please contact Community Wellness at [wellness@messiah.edu](mailto:wellness@messiah.edu) or call 717-691-6026.

**COST:** \$250

**REGISTER:** [messiah.edu/flexclass](https://messiah.edu/flexclass)





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# PWR! Moves

This class will target bradykinesia, rigidity and dyskinesia through targeted functional movements that address four core movement difficulties for people with Parkinson's disease. PWR! Moves will be done seated, standing and lying on a floor mat (with assistance provided). This program will also provide Parkinson's-specific education that will focus on the non-motor difficulties of Parkinson's Disease.

## Who is this class for?

Individuals who require some assistance transitioning to the floor or from the floor back to standing, individuals who are currently not completing any consistent exercise/movement program, and individuals that may use a walker, rollator or cane for walking.

January 17–March 6

Wednesdays, 1:30–2:30 p.m.

Messiah University Falcon Fitness Center

*The class will meet once a week for 8 weeks*



## KRYSTAL ROBINSON-BERT

This class will be designed and facilitated by Krystal Robinson-Bert who possesses a doctorate in occupational therapy and has over 10 years of experience working with a wide range of patients and specializing in neurorehabilitation care.

*Graduate students will be working under the guidance of Dr. Krystal Robinson-Bert to provide highly supervised training.*

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**COST:** \$250

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