

## **YMCA of Metro Atlanta to Help More Parkinson's Patients with Grant from the National Parkinson Foundation**

ATLANTA (Feb. 21, 2017) — The YMCA of Metro Atlanta is pleased to announce that it has received a \$20,000 grant from the National Parkinson Foundation in order to help improve the quality of lives for Parkinson's patients through specific group exercise classes and personal wellness coaching. Through funds raised by Moving Day® Atlanta, a walk for Parkinson's, the YMCA is able to provide 25 6-month memberships to eligible Parkinson's patients at no cost.

"Every day, we hear amazing stories from our Parkinson's participants and instructors," said director of program management Jennifer Rewkowski. "We're very excited to be able to showcase these classes and everything that the Y has to offer for Parkinson's patients."

In order to qualify for the program, patients must be referred to the program from their doctor and currently not be involved in any physical activity.

Parkinson's classes at the Y are designed for individuals at all stages of Parkinson's disease and fitness levels wanting to work on cardiovascular fitness, balance, strength, and flexibility. In addition, participants will be paired with a personal wellness coach who will help them work through their exercise-related challenges and teach them how to reduce fatigue and sleep irregularities, increase their energy levels, improve their moods, prevent disease, and enhance their overall feelings of well-being through a variety of health and exercise habits.

Parkinson's disease currently has no cure and is estimated to affect nearly one million U.S. citizens. It is the second most common neurodegenerative disease and is the 14<sup>th</sup> leading cause of death in the U.S. Together with the National Parkinson Foundation, the YMCA of Metro Atlanta aspires to assist those diagnosed with Parkinson's Disease to live healthier and happier lives.

Interested individuals are recommended to contact Jennifer Rewkowski, the director of program management at [jenniferr@ymcaatlanta.org](mailto:jenniferr@ymcaatlanta.org).

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**About the YMCA of Metro Atlanta**

The YMCA of Metro Atlanta is committed to ensuring school readiness, improving academic achievement, inspiring civic leadership and empowering healthy living.