

**OHIOHEALTH**  
**DELAY THE DISEASE™**  
 THE #1 PARKINSON'S EXERCISE PROGRAM



## New Parkinson's Wellness Program Provides HOPE

The W now offers group exercise for People with Parkinson's. 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.

Developed by David Zid, BA, ACE, APG, and Jackie Russell, RN BSN CNOR in Columbus, OH, this national wellness program is designed to retrain the mind and body. Participants report improvement in quality of life, regained ability to successfully manage the disease, and maintenance of independence. This program targets daily functional challenges and symptom-specific fitness agendas. Exercise plans are adapted to all levels of the disease, valuable to newly diagnosed and progressed states alike. David and Jackie see changes in all participants and boast "It's never too late to start exercise, and certainly never too early!" Visit [www.delaythedisease.com](http://www.delaythedisease.com) for additional information, seminars, and educational courses.

### *Program Information: Sign up monthly*

- Monday/Wednesday/Friday
- 10-10:45 a.m.
- \$45 member rate/ \$60 guest rate (Monthly rates)
- Register at the Welcome Desk or online at [www.the-w.org](http://www.the-w.org). (Delay the Disease link will be under the announcements)
- Call Leslie Lyons at 352-8715 with questions

**A FAITH-BASED, NOT-FOR-PROFIT HEALTHCARE SYSTEM**

RIVERSIDE METHODIST HOSPITAL + GRANT MEDICAL CENTER + DOCTORS HOSPITAL + GRADY MEMORIAL HOSPITAL  
 DUBLIN METHODIST HOSPITAL + DOCTORS HOSPITAL-NELSONVILLE + HARDIN MEMORIAL HOSPITAL + MARION GENERAL HOSPITAL  
 WESTERVILLE MEDICAL CAMPUS + 20 HEALTH AND SURGERY CENTERS + URGENT CARE + PRIMARY AND SPECIALTY CARE  
 WELLNESS + HOSPICE + HOME CARE + 22,000 PHYSICIANS, ASSOCIATES AND VOLUNTEERS

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