

PWR! Programs

What is Parkinson Wellness Recovery | PWR!®?

Parkinson Wellness Recovery | **PWR!**® is a 501(c)(3) tax exempt non-profit organization that was founded Dr. Becky G. Farley in September 2010. PWR!'s mission is to develop and implement worldwide access to cutting-edge Parkinson disease-specific neuroplasticity-principled exercise programs that hold promise to slow disease progression, improve symptoms, restore function, and increase longevity and quality of life in communities where individuals with Parkinson disease have access to "Exercise as Medicine."

In order to accomplish this mission, we:

- Operate the **PWR!Gym**®, a model community neurofitness and wellness center in Tucson, AZ that specializes in PD-specific rehab, fitness, and wellness programming all in one facility.
- Educate healthcare and fitness professionals to be PD-exercise specialists who implement research-based, neuroplasticity-principled **PWR!Moves**® programming in rehab and fitness settings.
- Provide community exercise, enrichment, education, and empowerment events to expose people with PD and their partners to the type of mainstream and complementary medical, health, and wellness programming and information they need to get better and stay better for life.

PWR!Gym

When you walk through the doors of the PWR! Gym you know this is not an ordinary gym. You instantly feel the sense of community and caring from staff and other members. On any given morning, you will find a group of care partners talking and having coffee while their spouse is in their exercise class or receiving therapy. It's not just our 155 members who reap the benefits of what the PWR! Gym offers. People from all over the country come to visit for the services we provide. Some are snowbirds who join for the time they are here in Tucson. Others come for a week at a time to work with one of our specialized therapists. These are people who might not have much access to Parkinson specific exercise and therapy at home. After a week, they go home with their own personalized plan. We all know Parkinson specific exercise and therapy are key but, there is so much more! In addition to the wide range of group classes that are designed to meet the needs of each individuals level, we run a monthly Wellness series and provide opportunities for socialization with dine outs and our PWR! In the Park event. If you are person with Parkinson disease looking for resources, evidence based exercise, education, support and a sense of community then, the PWR! Gym is the place to be!

PWR! Retreat

Since 2012, PWR! has hosted an annual Exercise, Education, Empowerment, and Enrichment Retreat for people with PD and their care partners.

This week-long event is held in Scottsdale, AZ, and includes: daily pole-walking, evidence-informed PD-specific exercise classes, presentations from renowned PD specialists, and enrichment activities such as yoga, tai chi, qi gong, meditation, and game and dance nights. PWR! staff members, along with volunteer specialized exercise and therapy professionals, help participants address their specific fitness needs, develop tools for living better with PD, and share stories and resources that build community that lasts beyond the Retreat. This life-changing event has offered hope and holistic wellness strategies for hundreds of people from around the globe and has inspired many to start local community programs of their own.

PWR!Moves Workshops

PWR! provides high-quality, evidence-informed, PD-specific continuing education for exercise and therapy professionals. After certification, these professionals are prepared to build therapy and exercise programming in their communities providing access for people with PD to continuous care and holistic wellness programs. Since 2010, PWR! has trained approximately 4,000 of these professionals and demand for this service continues to grow. In 2019, we welcomed 6 new faculty members, increasing our capacity to meet this demand and train more professionals across the US and world.