

NEWS RELEASE



Touchmark at Mt. Bachelor Village

FOR IMMEDIATE RELEASE

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Touchmark to offer exercise class for those with Parkinson's

BEND, Ore. — Touchmark at Mt. Bachelor Village is offering a class specifically designed for people living with Parkinson's disease. The 10-week class is open to the public and will start May 11. The last session will be held July 13.

Physical Therapist Fred Sackett from the Touchmark Rehabilitation & Balance Center will lead the classes, which will be held on Wednesdays from 10:30 a.m. to noon. Cost for the 10 week series is \$95.

All classes will be held at Touchmark: 19800 S. W. Touchmark Way in Bend. For more information or to reserve a spot, please call (541) 312-7071.

Parkinson's disease is a disorder of the brain that affects the central nervous system and impairs motor skills, cognitive processes and other functions. The disorder may affect one or both sides of the body and can lead to shaking/tremors, speech difficulties and difficulty with walking, movement and coordination.

The Touchmark class will use the John Argue Method, which incorporates exercises that build the brain.

“This method has been shown to improve flexibility, facial expressiveness, strength, balance and coordination,” says Sackett, who has been trained in the John Argue Method.

“Participants also learn skills to help prevent falls and improve speech intelligibility,” he adds.

Located along the Deschutes River, Touchmark at Mt. Bachelor Village provides a range of homes and lifestyles. The retirement community also offers Touchmark Home Services and the on-site Touchmark Rehabilitation & Balance Center. For more information, visit www.TouchmarkBend.com.

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