

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

National Parkinson's Wellness Program Provides HOPE

Delay the Disease™ is an evidenced-based wellness program that empowers people with PD to live better, experience new levels of hope by optimizing function and restoring independence. Designed by leading Parkinson's fitness specialists David Zid (BA, ACE, APG), OhioHealth Director of Movement Disorder and Musculoskeletal Wellness, and Jackie Russell (RN, BSN, CNOR) Program Development Coordinator.

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 regain control. 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 for additional information, seminars, and educational courses.

Delay the Disease Programming Includes:

- ✓ **Evidenced-Based Educational Courses for Professionals to become certified to teach or make their practice more Parkinson's- specific**
- ✓ **Carepartner Seminars – Offers tips for taking care of the carepartner, managing stress, dealing with depression, using exercise to help with functional activities of daily living, and MORE**
- ✓ **Disease-Specific Training for HomeCare and Rehab companies**
- ✓ **One on One Personal Training with David Zid, creator and Co-Founder**
- ✓ **Community Awareness Seminars / Webinars**
- ✓ **CONTACT JACKIE RUSSELL @ 614-975-5874 or Jackie.russell@ohiohealth.com**

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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