

FOR IMMEDIATE RELEASE

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INMOTION ANNOUNCES EXERCISE OPEN HOUSE, LECTURE FOR PEOPLE WITH PARKINSON'S DISEASE

April 28, 2022, BEACHWOOD, OHIO – **Living In Motion**, a day for people living with Parkinson's disease to learn about the importance of exercise and other community resources, will be held on Thursday, June 16 from 1:00pm-4:00pm at InMotion, 23905 Mercantile Road in Beachwood. **Living In Motion** is presented by InMotion, a leader in community-based, integrated wellness programs for people with Parkinson's disease, in partnership with the OPFNE - Ohio Parkinson Foundation Northeast Region.

In addition to demonstrations of InMotion's evidence-based wellness programs, the event will feature information from professionals in social work, occupational therapy, physical therapy and nutrition. Information on treatment options for Parkinson's disease will be shared by our medical and pharmaceutical partners. Tours of InMotion's Allan Goldberg Center for Parkinson's Wellness will be available.

Keynote Speaker Cynthia Comella, MD will present "New Advances in Parkinson's Treatments and the Importance of Exercise" at 2:00pm. Dr. Comella is a Professor of Neurological Sciences at Rush University Medical Center, Chicago. She is Board Certified in neurology and sleep medicine and an expert on Parkinson's disease, dystonia, and other movement disorders.

"Exercise is medicine for people with Parkinson's disease," says Cathe Schwartz, InMotion's CEO. "We are excited to showcase our Better Every Day™, Mindful Movement/yoga, boxing, spinning, tai chi, singing, handwriting, art, and education and support programs to people with Parkinson's in our community who may be unaware of all that InMotion offers – all under one roof and all at no charge to participants." InMotion is supported by the generosity of individuals, foundations, and businesses.

"OPFNE is proud to partner with InMotion to help build awareness of the valuable resources in our community for people with Parkinson's disease," says Kathie Stull, OPFNE Board president. "Our joint effort in presenting **Living In Motion** with InMotion enhances our existing partnership and allows us to provide critical education and support in our local community for those with Parkinson's, and help them find ways to improve their quality of life."

Event date: Thursday, June 16

Time: 1:00pm-4:00pm

Location: InMotion, 23905 Mercantile Road, Beachwood OH 44122

Event capacity is limited; registration required. For more information/registration, visit www.beinmotion.org/livinginmotion

About InMotion:

InMotion uses a community-based group approach to help people with Parkinson's disease (PD) feel better every day. Through evidence-based exercise, arts, support and education programs, we help clients take control of their symptoms and learn to live positively and constructively with their disease. Our findings show that, in aggregate, the clinical course of regular participants in our programs remains stable or improves. InMotion, a nonprofit 501(c)3 organization, serves approximately 1,000 active clients and their care partners at its facility in Beachwood.

About OPFNE:

OPFNE - Ohio Parkinson Foundation Northeast Region is a 501 3(c) non-profit organization committed to improving the quality of life for those affected by Parkinson's Disease (PD) The foundation offers an annual, free, educational symposium, supports the efforts of many charitable organizations involved in the development of education and wellness programming for the Parkinson community, such as exercise and dance classes, and offers funding for local and national PD research.



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