



**KIRK GIBSON CENTER
FOR PARKINSON'S WELLNESS**



**Hope,
Inspiration
& Help**

Addressing a Need

Parkinson's disease has become the world's fastest-growing neurodegenerative disorder, primarily impacting the body's ability to control movement. Today, more than one million Americans are living with Parkinson's, and that number is projected to double by 2040.

Advancements are being made in understanding how we can better live with Parkinson's. Studies show that, by supplementing medical care with consistent physical and cognitive exercise, increasing social interaction and adhering to a healthy lifestyle, we can redefine what it means to live with Parkinson's.

**“Together, we can
redefine what it
means to live with
Parkinson's.”**

KIRK GIBSON

Movement Matters

The Kirk Gibson Center for Parkinson's Wellness offers an extensive range of **FREE** exercise programs specifically designed to address the daily impact of Parkinson's disease. Led by a team of certified Coaches who understand the unique challenges of Parkinson's, programs are powered by the **InMotion Approach™** and structured to accommodate all ability levels and promote confidence, motivation and safety. Whether participants are newly diagnosed or managing advanced symptoms, the Center provides a supportive environment where movement complements medicine.



Education and Empowerment

Living with Parkinson's disease often involves challenges with memory and cognition that can impact a person's ability to recall information, process thoughts, and communicate effectively.

Recognizing these challenges, The Kirk Gibson Center provides a variety of **FREE** educational classes, resources, and workshops designed to help Members manage everyday tasks and strengthen essential cognitive functions.

Programs focus on areas such as speech improvement, handwriting, memory retention, and comprehension skills, empowering individuals to maintain independence and enhance their daily lives.





Community and Connection

The Kirk Gibson Center is a true community — a warm, uplifting place where Members give each other strength and fresh perspectives as they navigate Parkinson's together.

The Center offers inviting spaces where friendships blossom over a card game, a puzzle or a relaxing cup of coffee between classes.

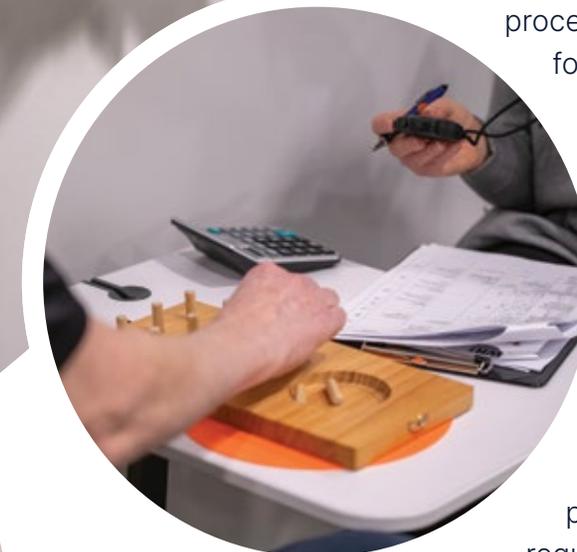
Differences By Design

Parkinson's disease manifests uniquely in every individual, presenting a diverse range of symptoms, varying intensities, and different rates of progression. The Kirk Gibson Center recognizes and respects these differences among its Members.

To ensure that each person receives the most appropriate support, every prospective Member participates in a comprehensive assessment

process designed specifically for individuals living with Parkinson's.

The information gathered during this assessment determines the Member's placement within a color-coded system that aligns program difficulty with each Member's current physical ability and safety requirements.





Powered by InMotion®

KIRK GIBSON CENTER FOR PARKINSON'S WELLNESS

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