

# NEWS RELEASE



**For immediate release**

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## **Participate in Parkinson's Disease FUNctional Movement Day**

SPOKANE, Wash. — April is Parkinson's Awareness Month, and while there is no cure for the disease, there is progress in treating it and experiencing a better quality of life. Touchmark on South Hill holds fitness classes throughout the year for those living with Parkinson's. "In recognition of all the advances being made, we've partnered with the Northwest Parkinson's Foundation and set aside Friday, April 20 as Parkinson's Disease FUNctional Movement Day," says Lori McCormick, PT, Director of Touchmark Health & Fitness Studio, who also teaches many of the classes.

FUNctional Movement Day will include a variety of short classes and movement sessions designed for people with Parkinson's disease. The classes are open to the public and will be fun as well as practical and will cover a wide variety of the latest trends in fitness. "Really, there's something for everyone on this day," says McCormick. She adds donations for Northwest Parkinson's Foundation will be accepted throughout the day.

Registration for the April 20 classes is at 12:30 p.m.; classes begin at 1 p.m. and repeat every half-hour through 2:30 p.m. Offerings include:

BIG & LOUD with Cameron Brown, DPT  
PWR! Moves with certified instructor Michael Boyd, CPT-ACSM  
Legacy Boxing with KO Parkinson's Disease with Trevor Arrotta  
Tai Chi for Parkinson's with Kaiya Treffry

1 – 2 p.m. — Golf with PGA teaching professional David Fern

1 – 3 p.m. — Pingpong with Touchmark Champion Jack Dunsmoor and runner-up Jim Nelson

**WHAT:** Parkinson's Disease FUNctional Movement Day  
**DATE:** April 20  
**TIME:** Registration is 12:30 p.m.; classes run 1 - 3 p.m.  
**WHERE:** Touchmark on South Hill  
2929 S. Waterford Dr., Spokane

There is no charge, and no RSVP is necessary. More information is available by calling 509-536-2929.

### **About Touchmark on South Hill**

A full-service, award-winning retirement community, Touchmark on South Hill offers a range of homes and lifestyles. More information is available at [Touchmark.com](http://Touchmark.com).

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*Full-service Retirement Community*  
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