



July 2022 Virtual Health Education/Fitness Programs

www.uncwellness.com

Parkinson Wellness Recovery (PWR!Moves) Virtual Program

July 6-29, Wednesdays and Fridays, 2:30-3:15 pm via Zoom

PWR!Moves is an evidence-based exercise program integrating whole body movements that can slow motor deterioration, improve symptoms, and increase quality of life in those living with Parkinson's disease. **UNC Wellness Members register in your member account or contact 919-957-5900 to register by July 1.** UNC/Rex Wellness Members \$85; Non-members \$105.

Caregiver's Support Group

July 20, 12:00 – 1:30 pm via Zoom. The UNC Caregiver's Support Group's mission is to provide support, education, and advocacy for caregivers. All caregivers are welcome, but we do focus on those caring for individuals with memory disorders. Free for members and non-members. **Email**

Susan.Chesser@unchealth.unc.edu to register.

"Get Your Feet Wet:" Intro to Aquatic Exercise- *Therapy Thursday Webinar*

July 28, 12:30-1:15 pm via WebEx. Aquatic exercise is well known to be beneficial for a variety of health conditions. With the weather warming up, it is the perfect time to explore exercising in your local pool. Tune in to this Therapy Thursday to "get your feet wet" with an introduction to aquatic exercise guidelines for low back pain, lower limb pain, balance, and more! Free for members and non-members.

Join at this link: <https://unchealth.webex.com/meet/Evan>. Learn more [here](#) or contact Evan.Adler@unchealth.unc.edu with questions.

Virtual Personal Training

Dates/times based on your availability

Jump start your fitness this summer with virtual personal training sessions with a highly qualified personal trainer from the UNC and Rex Wellness Centers. Sessions take place via WebEx and are tailored to your specific goals and medical history. You do not need to be a member of the UNC or Rex Wellness Centers to do personal training. A 3-session package is the perfect place to get started! Learn more about personal training here: [UNC Wellness](#) or [Rex Wellness](#).

[Food for Thought](#), [Talk to Me Tuesday](#), and [Coffee with the Coach](#) are taking a break for summer. Stay tuned for exciting topics planned for fall!

Questions about these programs? Contact Health Education Manager Julie McNamara at Julie.McNamara@unchealth.unc.edu or 984-974-2571.