



RPSG Meeting Minutes
August 2016

Our guests were from the Roseville Health and Wellness Center. Lisa Schetter, their General Manager and Instructor Mark Cavallaro explained their Parkinson Wise Exercise Program developed through Kaiser Neuroscience. Mark has a BS in Exercise Physiology and a minor in Nutrition. He has the necessary certification to facilitate the PD Exercise program. There are 60 minute sessions twice weekly. With the aerobic exercise it increases oxygen delivery and neurotransmitters for heart, lung and nervous system health. Additionally it decreases stiffness and improves mobility.

The exercises focus on trunk rotation, balance and prep adjustment, attention and learning which decrease depression and anxiety. Also functional strength for everyday living. A full gym membership is not required. You may pay a \$20.00 drop in fee or \$100 for 6 sessions. Roseville Health and Wellness also has the MFA Seal of Approval. This assures the consumers the facility has met the highest quality standards of a Medical Fitness Facility.

Shelly Butler

Secretary RPSG