

# Parkinson's Programs at Weinberg Community for Senior Living

CJE SeniorLife has a commitment to providing programs for people with Parkinson's and their caregivers. You are invited to participate in these community programs to see how CJE nurses, therapists, social workers and resident assistants are trained to meet the unique medical, psychological, social, and functional needs of people with Parkinson's and other movement disorders.



## Parkinson's on the Move

Free and open to the public.

Specialized exercise class developed specifically for CJE, that addresses weakened muscles, the risk of falls and functional independence. Classes taught by exercise professionals are focused on flexibility, restoring movement and rhythm control.

**Wednesdays and Fridays**  
12–1 p.m.

Instructors: HealthPRO® Rehabilitation

CJE SeniorLife is grateful for the National Parkinson Foundation's generous support of the Parkinson's on the Move Exercise Program at Weinberg Community for Senior Living.

Please call **Michelle Bernstein** at 847.236.7852 to learn more and to register for classes.

**Weinberg Community for Senior Living**  
1551 Lake Cook Road, Deerfield, IL

## Parkinson's Caregiver Support Group

Free and open to the public.

Led by CJE SeniorLife licensed clinical social workers, this group helps caregivers learn about Parkinson's Disease and caregiving. Participants discover ways to relieve caregiver stress and burnout. Most importantly they can meet others who face similar challenges and share resources and information.

**Third Wednesday of every month**  
12–1 p.m.

**cje SeniorLife** 

[www.cje.net](http://www.cje.net)

773.508.1000