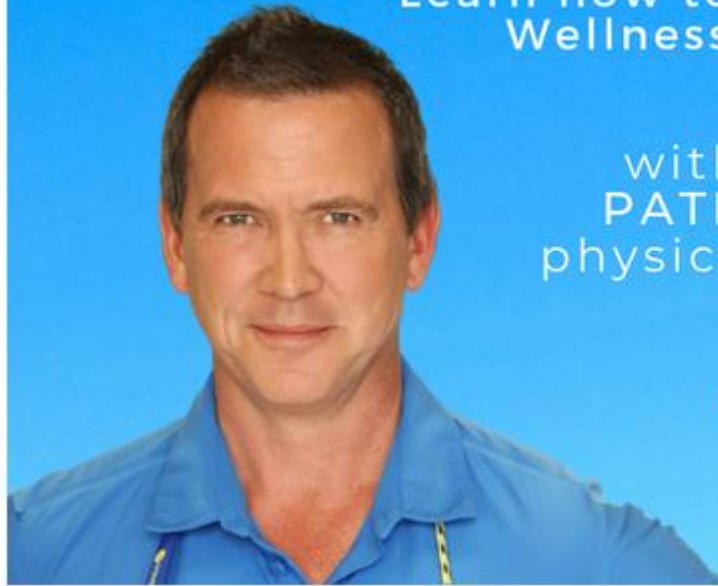


ROADMAPS TO LIVING BETTER

Learn how to live better with Mind Body
Wellness and Mind Body Fitness

with personal trainer
PATRICK LoSASSO and
physical therapist **Z ALTUG**

SUNDAYS
OCTOBER 17 & 24
10-11 AM PDT



Join us for a two-part series introducing science- and evidence-based wellness and fitness strategies you can employ in your life to help manage the symptoms of Parkinson's and improve quality of life. Physical therapist Z Altug and personal trainer Patrick LoSasso are our guides for this special series.

Can't make these dates? [Register](#) to receive a link to the recording of the events.

Part 1: Living Better With Mind Body Wellness

With Z Altug, PT, DPT, MS, OCS.

Sunday, October 17, 10-11 am PDT

Part 2: Living Better With Mind Body Fitness

With Patrick LoSasso, CSCS

Sunday, October 24, 10-11 am PDT

In Part 1 you'll Learn about science-based practical wellness and fitness strategies to optimize mental and physical health. Participants will learn about the benefits of good nutrition, sustainable exercise, stress management, sleep optimization, and community socialization for overall wellness. Practical techniques covered will include relaxation and simple exercises in the comfort of your home. In Part 2 you will learn evidence based exercise strategies and techniques designed to help optimize your quality of life and manage the symptoms.

About our presenters:

Z Altug is a board-certified doctor of physical therapy. He has 30 years of clinical experience as a physical therapist. He is the author of Integrative Healing. www.integrativedpt.com

Patrick LoSasso is a personal trainer and a Strength & Conditioning Specialist who has worked with the Parkinson's community as an advocate and exercise trainer for 16 years. He is the creator of the SmartXPD® training method.