

## We're Here For You

At Good Samaritan, we are here for you at every stage of your Parkinson's journey. We offer support to you as you begin to build a better life with Parkinson's.



## Are You Newly Diagnosed?

Here are some things to do after your diagnosis:

- Educate yourself about Parkinson's disease
- Join a Parkinson's support group
- Exercise often and stay active

## Get in Touch With Us

 812.885.3601

 520 S. Seventh Street  
Vincennes, IN 47591

 [gshvin.org](http://gshvin.org)



## Power Through Parkinson's

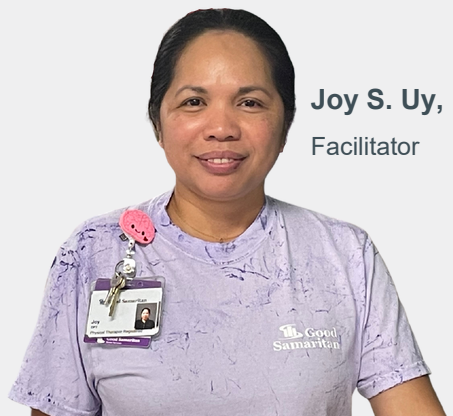
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 **Good Samaritan**

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# Join Our Monthly Support Group!

Our support group's goal is to help people affected by Parkinson's disease and atypical Parkinson's to live well through education and physical activities that are Parkinson's specific.



**Joy S. Uy, PT, DPT, CSRS**  
Facilitator



**Good Samaritan  
Hedde Center**  
3rd Friday of the Month  
11:00 AM ET

Call 812.885.3601 to register.

We also offer exercise classes twice a month via a Zoom link that you can do in the comfort of your own home.



## BIG for LIFE

Big for Life is an exercise class for people with Parkinson's who have previously completed the individual LSVT Big treatment protocol. Big for Life will include 7 LSVT BIG daily exercises, practice of functional movements, walking BIG and other fun exercises with a focus on high amplitude or BIG movement.

LSVT BIG and LSVT LOUD Parkinson's Program Physical and Occupational Therapy available at:

Good Samaritan Center for Therapy & Sports Performance  
2020 S. Clearview Drive  
Vincennes, IN

For more information call 812.885.3011.

## Meet Dr. Lawless

To learn more about Dr. Lawless or to watch her introduction video, visit [gshvin.org/find-a-provider](http://gshvin.org/find-a-provider) or scan the QR code to be taken directly to her profile page.

**Belen Lawless, MD**  
Neurology



## PWR!Moves

Parkinson's Wellness Recovery (PWR!) Moves are the core of our Parkinson's disease specific functional exercise and physical therapy programs. The Basic 4 PWR!Moves are designed to each target a skill known to deteriorate in people with Parkinson's disease, which often lead to loss of mobility and function.