YOU ARE INVITED!

Sunday, January 23, 12:30pm – 3:00pm

Alegent Lakeside Wellness Center
Conference Room

16940 Lakeside Hills Plaza

Omaha, Nebraska

Schedule:

12:30pm – 1:00pm  Guided Tours of the Facility

1:00pm – 2:00pm  Discussions of Various Therapies

Ryan Friesen, DPT
Jacey Bahe, DPT
Mary Underwood, SLP

2:00pm – 2:45pm  Therapy Pool Demonstration

2:45pm – 3:30pm  Guided Tours Available

Water and snacks will be provided.

Please join us at Lakeside for an afternoon of discovery. Bring a swimsuit, your questions and a light appetite! Our 94 degree therapy pool awaits you. See how comfortable, light and relaxed a warm pool can make you feel. See how easily exercise, stretching and balance can be in the water. We will provide the towels, locks, shampoo and conditioner to get you going again.

Questions can be directed to 758-5700. There is no charge for this program.
JOIN IN THE FUN! REGISTER NOW!

Parkinson’s Exercise Opportunities

NEBRASKA APDA
Information and Referral Center

601 North 30th Street
Suite 2902B
Omaha, NE 68131

Phone: 866-626-PDIR (7347)
Fax: 402-449-4278
E-mail: labrovo@creighton.edu

Dedicated to ease the burden and find the cure

www.parkinsonsne.org

APDA
Nebraska Chapter
501 N. 87th Street
Suite 207
Omaha, NE 68114
(402) 392-APDA (2732)

Nebraska@apda.omhcoxmail.com

All memorials/donations are tax deductible. Checks should be made payable to the APDA and sent to this address.

Creighton University Medical Center