Barrow Neurological Institute | Muhammad Ali Parkinson Center
A Parkinson's Foundation Center of Excellence

Exercise Classes, Expressive Arts, Education Programs, and Support Groups









SAVE THE DATE

21ST ANNUAL
WALK THE FIGHT &
RUN THE DISTANCE

4K 5K

FOR THE MUHAMMAD ALI PARKINSON CENTER

Saturday, Jan. 30

WalkTheFight.com

Kris Watts (602) 782-4471
Kristina.Watts@CommonSpirit.org

2027

Tempe Beach Park | 8 a.m. - 1 p.m.
80 W Rio Salado Pkwy
Tempe, AZ 85281

Register Online:



Early Bird Special
Register Before 11/30/26!
4K Walk $25 • 5K Run $35
($35/$45 after 11/30/26)

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Education Programs

For more information or to register for for classes, contact the MAPC at **(602) 406-4931** or **MAPCOutreach@CommonSpirit.org**

Beginning Your Parkinson's Journey: Understanding & Connection | *Virtual*

If Parkinson's is new to your life, whether personally or as a care partner, join us for "Beginning Your Parkinson's Journey: Understanding & Connection." In this supportive, two-hour class, you'll gain foundational knowledge about Parkinson's, hear insights from a medical expert, and connect with others who truly understand. We'll explore common experiences, unravel the basics of PD, and provide valuable resources. This class is your welcoming first step, offering clarity, community, and the reassurance that you have support every step of the way.

1st Friday of the month, 4-5:30 pm

Parkinson's Essentials: Your Two-Week Guide

You don't have to navigate Parkinson's alone. Whether you are newly diagnosed or managing the condition long-term, join our two-week, expert-led program designed for individuals with Parkinson's and their care partners. We provide the clarity and tools you need to take charge of your care, covering everything from the latest medical and surgical interventions to the role of movement in symptom management. Learn how to build a sustainable, proactive care plan and gain the confidence to live well.

PD's Hidden Impact: A Toolkit for Nonmotor Symptoms

Navigate the "hidden" side of Parkinson's with confidence. Our two-week course, PD's Hidden Impact (formerly PD 202), provides practical strategies for managing non-motor symptoms like fatigue, anxiety, and cognitive changes. Designed for individuals with PD and their families, this program offers the tools you need to improve quality of life and foster stronger connections. Discover how to transform these challenges into a more proactive care plan.

Reclaim Your Balance: Discover "Mindful Me: A Self-Care Journey" | *Virtual & Self-Paced*

Self-care is a journey, not a destination. Join our three-week workshop designed for both people with Parkinson's and their caregivers to explore how to prioritize your physical, mental, emotional, and spiritual well-being. Through personal discovery and practical planning, you will learn how to honor your needs, replenish your energy, and build a sustainable, personalized self-care plan that fits your daily life.

Parkinson's in the News: A Fireside Chat I *Virtual*

Want to stay informed about the latest news concerning PD? Listen to a movement disorder physician from the Muhammad Ali Parkinson Center discuss information recently shared in the news. It can be hard to discern if information shared via the web, email, or television is accurate and valid for treating or living with PD. The physicians at the MAPC will address these issues and help guide you to understanding these truths, myths, or unknowns.

Date: TBD

Scan code to register:

Gather & Grow: PD Lunch Sessions

Nourish your body and mind with "Gather & Grow: PD Lunch Sessions"!

Your're invited to our bimonthly, in-person lunch sessions. Each session features a new, important topic related to living well with PD and other movement disorders, offering valuable insights and practical strategies. Enjoy a delicious boxed lunch while connecting with peers, sharing experiences, and gaining knowledge in a supportive community setting. Come, gather with us, grow in understanding, and enrich your Parkinson's journey.

Gather & Grow: Empower Hour

Looking for connection and expert insight? Join us for Empower Hour, our virtual quarterly series dedicated to navigating life with Parkinson's. Each session features a new, timely topic designed to provide you with practical tools, fresh perspectives, and a supportive community. Whether you're looking for health tips or inspiration, Empower Hour is here to help you live your best life—from the comfort of your own home. Stay tuned for our next session date and topic!

Caregiver Corner

Powerful Tools for Caregivers

Powerful Tools for Caregivers is an educational series designed to provide you with the tools you need to take care of yourself. This program helps family caregivers reduce stress, improve self-confidence, improve communication, balance their lives, increase their ability to make tough decisions, and locate helpful resources. The caregiver class consists of six sessions held once a week. Interactive lessons, discussions, and brainstorming will help you take the "tools" you choose and put them into action for your life.

The Caregiving Years: Six Stages to a Meaningful Journey

This virtual three-part series is based on the intensity of the caregiver experience in that stage. Participants will learn what to expect and what to do in each stage, how to prepare for the next stage, and how to overcome the unexpected mishaps along the way. The purpose of this series is to equip family caregivers with information and action steps that will enable them to make the caregiving journey more meaningful for themselves, their loved one, and others involved.

The Journey Begins: The Caregiving Years, Stages 1 & 2

The news that a loved one was diagnosed with Parkinson's disease is hard to hear. If you think you are most likely to be a primary caregiver your concern for your loved one can often be coupled with uncertainty about the role you will play as the disease progresses. "The Journey Begins" puts caregivers on a path of inquiry and preparation that reduces caregiver anxiety and lays a foundation for a healthier and more meaningful journey for the caregiver and their loved one.

Experiencing Weather: The Caregiving Years, Stages 3 & 4

As Parkinson's disease progresses so does the role of the family caregiver. The move from providing occasional help as needed to being relied upon for daily living can feel a bit like you cannot get out of a torrential downpour. "Experiencing Weather" gives family caregivers tips on how to handle the storms and create a little sunshine for both of you.

Appreciating Purpose: The Caregiving Years, Stages 5 & 6

When people with Parkinson's and their family caregivers begin to sense that their journey together is coming to an end the caregiver role changes from doing for their loved one to being with their loved one. During this season family caregivers shift from implementing end-of-life decisions, to mourning and grieving, to reconstructing their life without their loved one. Finding purpose helps family caregivers contemplate on their experience as they discover the treasure of what they've given and who they've become, allowing this discovery to bring purpose in their new season.

Safe at Home: Caregiver Boot Camp

Safe at Home is an interactive, hands-on workshop designed to equip individuals with Parkinson's, families, and caregivers with practical skills for safer mobility and care at home. Creighton University physical and occupational therapy students will guide participants through hands-on practice of techniques for assisting with everyday movements, including getting in and out of bed, chairs, cars, tubs, and showers.

Participants will practice using assistive devices, explore strategies to improve communication and reduce frustration, and learn ways to promote safety, prevent injury, and support independence through adaptive equipment. The workshop will also provide an opportunity to address mobility and caregiving topics identified by attendees.

Expressive Arts Workshops

Unlock the power of your creativity with our Expressive Arts Workshops! Beyond the joy of creating, these sessions are a workout for your brain—stimulating new neural pathways, enhancing fine motor control, and sharpening decision-making skills. Participants often report an elevated sense of calm, improved self-confidence, and a renewed spark of inspiration. To ensure everyone in our community can participate, all workshops are fully bilingual. Come discover how art can be a transformative tool for your health and well-being!

- **Unlocking Creativity**: A Painting Journey (Desbloqueando la Creatividad: Un Viaje de Pintura)
- **Creative Hands, Happy Minds** (Manos Creativas, Mentes Felices)
- **Creative Reflections**: Reconnect to Your Inner Voice

For more information or to register call (602) 406-4931 or email MAPCOutreach@CommonSpirit.org

Exercise Classes

Registration is required for all classes, though some may require a short exercise assessment. Access to our full range of classes and workshops is available for a $30 monthly fee, with scholarships provided for those who qualify. All new patients are welcome to enjoy a free trial period to get started.

Art of Moving

These exercises are designed to help one anticipate, prevent and delay Parkinson's symptoms. Exercises stress quality of movement, a loud voice, facial expression and movement, and promotion of alignment and relaxation. The class is performed from both a seated and standing position.

PWR!Moves™ & PWR!Circuit™

PWR!Moves™ is a group exercise approach using high effort, muscle activation for bigger movement, better posture and balance. PWR!Moves™ 1 is high intensity, PWR!Moves™ 2 is moderate intensity and PWR!Moves™ 3 is a seated class. PWR!Circuit™ is a high intensity class.

An assessment is required for class placement.

Tai Chi

Tai chi is a noncompetitive martial art known for its health benefits. It combines gentle physical exercise and stretching through a series of movements linked together in a continuous, smooth flowing sequence.

Voice Classes/SPEAK OUT!™

Voice classes will teach you how to improve your voice quality and communication through proper breathing and posture, articulation, tone and facial expression. Currently all voice classes are offered virtually by a speech-language pathologist.

Therapeutic Mat Yoga Class

This mat yoga class is designed for all experience levels. We will use yoga therapy techniques to work with chronic pain, increase range of motion and flexibility, strengthen the muscles to support stability and functional movement. We will also be using breath work to help decrease anxiety, stress, and tension as well as promote a mind body connection. Participants must be able to get up and down from the floor independently.

Therapeutic Chair Yoga Class

This is a chair yoga class that is designed for students of all levels who may feel more comfortable seated in a chair than on the floor. We will be using gentle yoga therapy techniques to move and strengthen the muscles and joints and increase mobility and strength in the core. This class can help decrease anxiety, and stress using breathwork to help promote a mind body connection.

Gym Rhythms

This high-intensity course is designed to improve a variety of skills (such as balance, agility, reflexes, reaction time, coordination, speed, endurance, and more) through very specific routines. The different drills practiced in class will also benefit cognition while challenging neural pathways. Many of these exercises are inspired by boxing training and conditioning with rhythmic undertones.

Tai Chi for Fall Prevention

Tai Chi for Fall Prevention - This 8-week hybrid fitness class builds strength and improves balance by repeatedly performing slow, mindful movements. Classes meet twice a week for 60 minutes. This course will offered multiple times throughout the year.



Support Groups

You are not alone: Discover connection & support at our Parkinson's support groups. Living with Parkinson's brings unique challenges, but you don't have to face them by yourself. At the Muhammad Ali Parkinson Center, we believe in the power of shared experience. Our welcoming support groups, offered across the Phoenix Metro area, provide a compassionate space for individuals with Parkinson's and their care partners to connect, find understanding, and exchange invaluable insights. Here, you'll discover peer support, practical resources, and a renewed sense of community. Join us in person or virtually—we're here to help you find the right group that feels like home. Let's navigate this journey together.

We provide the following groups:

- General patient support group
- Newly diagnosed support group for individuals diagnosed within the past three years
- General caregiver support groups
- Young Onset for those with Parkinson's disease diagnosed before the age of 50

Please contact (602) 406-4931 for more information on meeting times and locations.

Virtual Support Groups

Young Onset Virtual Support Group
3rd Wednesday of the month
5:30 - 7 p.m.

This group is for those diagnosed with PD before age 50

Lewy Body Care Partner Support Group
2nd Friday of the month
10 - 11:30 a.m.

Contact: DeDe Berry (602) 406-5916

In-Person Support Groups

Sun Lakes/Chandler Area Support Group
Cottonwood Country Club
25630 S. Brentwood Dr.
Sun Lakes, AZ 85248

3rd Thursday of the month
1:30-3 p.m.

North Central Phoenix Support Group*
Beatitudes Campus
1610 W Glendale Ave, Phoenix, AZ 85021

2nd Wednesday of the month
2-3:30 p.m.

East Mesa Support Group*
Red Mountain Multigenerational Center
7550 E. Adobe St.
Mesa, AZ 85207

1st Monday of the month
1:30-3:30 p.m.

Anthem Support Group
North Valley Regional Library
40410 N. Gavilan Peak Parkway
Anthem, AZ 85086

1st Saturday of each, 10-11:30 a.m.
Contact Kate Chase (480) 710-1843

Ahwatukee Support Group
Clearwater Ahwatukee
15815 S. 50th St.
Phoenix, AZ 85048

1st Monday of the month
10:30 a.m.-Noon (this group does not meet June, July, August)

North Scottsdale Support Group*
Valley of the Sun Jewish Community Center
12701 N. Scottsdale Rd.
Scottsdale, AZ 85254

2nd Friday of the month
11 a.m.-12:30 p.m.

Surprise Support Group
Grace Community Church
16165 W. Mountain View Blvd #4900
Surprise, AZ 85374

1st Wednesday of the month
3-4:30 p.m.

White Mountain Area Support Group
White Mountain Bible Church
3171 E. Show Low Lake Rd.
Show Low, AZ 85901

3rd Wednesday of the month
10:30 - 11:30 a.m.

Recently Diagnosed Support Group
Valley of the Sun Jewish Community Center
12701 N. Scottsdale Rd.
Scottsdale, AZ 85254

2nd Friday of the month
9-10:30 a.m.

This group is for those diagnosed 3 years or less

Caregiver Only Support Group
240 W. Thomas Rd., Suite 302
Phoenix, AZ 85013

3rd Thursday of the month, 3-4 p.m.

** Indicates caregiver specific breakout group*