MID-SOUTH PARKINSON’S DISEASE EXERCISE VIDEO

$10.00

Mail Order $15.00

Alta Mae’s husband, Rev. Phillip Allison, was diagnosed with PD in 1990. Alta Mae was his primary caregiver for 20 years until his death in 2010. She understood the benefits of exercise for the PD patient and made it her mission to lead our exercise class until she passed away more than a decade later.

This DVD is a 30-minutes seated exercise program. The 25 seated exercises shown are designed to address typical Parkinson’s symptoms such as balance, flexibility, posture, low voice and lack of facial

expression. Exercise can help relieve the pain from rigidity, and combat other PD symptoms such as constipation, depression, memory loss and sleep problems.

Participants may use weights to increase the benefit.

EXERCISE DVD MAIL ORDER FORM

$15 (includes shipping and handling)

SHIP TO:

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City/State/Zip\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Daytime Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(In case of an order problem)

Make checks payable to & mail this order form to:

The Mid-South Parkinson's Disease Foundation

1512 Pine Shadows Drive

Memphis, TN 38120