



PWR! RETREAT

MAY 1-7, 2011

ALL INCLUSIVE RETREAT AND CONFERENCE

EXPERIENCE A HISTORIC RESORT RANCH WITH SPACIOUS ROOMS, 3 MEALS A DAY, AND A FULL AGENDA OF EDUCATION, EMPOWERMENT, EXERCISE & ENRICHMENT!

PEOPLE WITH PD CAN GET BETTER...

FIND OUT HOW!

AND STAY BETTER LONGER!!!!

- **WHAT DOES RESEARCH SAY ABOUT HOW I SHOULD EXERCISE TO REDUCE MY SYMPTOMS?**
- **HOW DOES EXERCISE CREATE POSITIVE BRAIN CHANGE?**
- **WHAT EXERCISES WILL BENEFIT ME SPECIFICALLY?**
- **WHY IS EXERCISE SO CRITICAL FOR MY CONTINUED WELL BEING?**
- **HOW OFTEN SHOULD I EXERCISE AND AT WHAT INTENSITY?**
- **HOW CAN I STAY PWR'D AND IN CONTROL?**
- **HOW CAN I BE PROACTIVE AND REDUCE MY FREEZING & FALLING?**
- **HOW CAN I ADVOCATE FOR MYSELF?**
- **HOW CAN I ACHIEVE BALANCE IN MY LIFE?**

EXERCISE DOES MAKE LIFE WITH PD BETTER

Presented by: NeuroFit NetWorks

www.nfnw.org



A Historic Ranch Resort & Golf Club

GOLF, SPA, RIDING, NATURE

Arizona's Wild West, Wickenburg, AZ (www.sunc.com)

DEVELOP A PWR! PLAN GET CHARGED UP!

Join us with your family and friends.

Meet with PWR! Clinicians, physicians, and health/fitness professionals that understand exercise and PD!

Learn about & experience **research-based** exercise approaches.

PARTICIPATE IN DAILY PWR! WALKS, PWR! MOVES CLASSES PLUS OPTIONAL BREAKOUTS FOR "UNFREEZING", GOLF, BOXING, TAI CHI, DANCE, BALANCE, LSVT® BIG, AND MORE!

Reduced rates and special programming for **groups of 4 or more, caregivers/spouses/friends, and children 5-12 years**

PLUS extracurricular spa and recreational activities available!

6 NIGHTS AND 7 DAYS

ALL INCLUSIVE RETREAT AND CONFERENCE

(alcohol & incidentals paid for individually)

(rates below based upon double occupancy)

REGISTRATION OPTIONS

EARLY BIRD PRICING THROUGH MARCH 31ST!!!

10% DISCOUNTS FOR DOUBLE BOOKINGS

PLUS ACCOMODATION UPGRADES ARE FIRST COME BASIS

Sign up **NOW!!**

Individuals with PD (10% OFF with double booking)

\$1900 (\$1710) per person for all conference activities, room and 3 meals a day FOR 1 WEEK

Accompanying Adults (10% OFF with double booking)

\$1500 (\$1350) per person for all conference activities, room and 3 meals a day FOR 1 WEEK

Details or Register at www.nfnw.org

More information:

Email: sally@nfnw.org

Call: (520) 591-5821