






<u>Lectures/ Announcements</u>	Mon	Tue	Wed	Thu	Fri	Class Descriptions
 <p>Join us for BNWW Zoom livestream Exercise Classes! PWR! Circuit PWR! Up</p> <p><b>Livestream Virtual PD Learning &amp; Educational Resource Class (PDLER)</b> Every 2nd Wednesday of the Month 11:00—12:00 noon Via ZOOM <a href="https://zoom.us/j/98581546908?pwd=WEU2RnBYNVBBUW4zOXBzUlhZOVuZz09">https://zoom.us/j/98581546908?pwd=WEU2RnBYNVBBUW4zOXBzUlhZOVuZz09</a> Meeting ID: 985 8154 6908 Passcode: y1D7LS</p> <p><b>Join our PD Care Partner's Meeting 1st &amp; 3rd Thursday of each month -</b> Join Zoom Meeting <a href="https://zoom.us/j/98581546908?pwd=WEU2RnBYNVBBUW4zOXBzUlhZOVuZz09">https://zoom.us/j/98581546908?pwd=WEU2RnBYNVBBUW4zOXBzUlhZOVuZz09</a> Meeting ID: 985 8154 6908 Passcode: y1D7LS</p> <p><b>Every Friday -</b> Join our Coffee Talk Parkinson's Support Group Meeting via Zoom</p> <p>Sign-up for our BNWW Quarterly Newsletter the "PD Challenger" Melinda.peterson-theobald@bannerhealth.com</p> 	 <p>#LeadTheWay</p>				<p>1 10-11 PD Coffee Talk <b>Via ZOOM</b> <a href="https://zoom.us/j/91976339867?pwd=bGpxSkxgNVh3dWpmR0RRRHhFK1h5QT09">https://zoom.us/j/91976339867?pwd=bGpxSkxgNVh3dWpmR0RRRHhFK1h5QT09</a> Meeting ID: 919 7633 9867 Passcode: Bu2HqZ</p> <p>8 10-11 PD Coffee Talk <b>Via ZOOM</b> <a href="https://zoom.us/j/91976339867?pwd=bGpxSkxgNVh3dWpmR0RRRHhFK1h5QT09">https://zoom.us/j/91976339867?pwd=bGpxSkxgNVh3dWpmR0RRRHhFK1h5QT09</a> Meeting ID: 919 7633 9867 Passcode: Bu2HqZ</p> <p>15 10-11 PD Coffee Talk <b>Via ZOOM</b> <a href="https://zoom.us/j/91976339867?pwd=bGpxSkxgNVh3dWpmR0RRRHhFK1h5QT09">https://zoom.us/j/91976339867?pwd=bGpxSkxgNVh3dWpmR0RRRHhFK1h5QT09</a> Meeting ID: 919 7633 9867 Passcode: Bu2HqZ</p> <p>22 10-11 PD Coffee Talk <b>Via ZOOM</b> <a href="https://zoom.us/j/91976339867?pwd=bGpxSkxgNVh3dWpmR0RRRHhFK1h5QT09">https://zoom.us/j/91976339867?pwd=bGpxSkxgNVh3dWpmR0RRRHhFK1h5QT09</a> Meeting ID: 919 7633 9867 Passcode: Bu2HqZ</p> <p>29 10-11 PD Coffee Talk <b>Via ZOOM</b> <a href="https://zoom.us/j/91976339867?pwd=bGpxSkxgNVh3dWpmR0RRRHhFK1h5QT09">https://zoom.us/j/91976339867?pwd=bGpxSkxgNVh3dWpmR0RRRHhFK1h5QT09</a> Meeting ID: 919 7633 9867 Passcode: Bu2HqZ</p>	<p><b>PWR! Fitness</b> <b>PWR! Up—Virtual</b> Seated group PD exercise class for those who need extra support and accommodations. <b>This is a seated exercise class.</b></p> <p><b>PWR! Moves/Up Combo</b> —Lower-to-moderate level PD specific exercise class. For those who can ambulate but need some support for various activities. <b>Seated/standing class PWR! Circuit</b> <b>Virtual</b>—Moderate-to-high level PD specific exercise class. For those who can ambulate without support and can work at a higher intensity. Participants may rotate to exercise activity stations during the class. <b>This is a standing class.</b></p> <p><b>1:1 Zoom sessions</b> Available for those who would benefit from a more individualized exercise session with an instructor. By appointment only. <b>*Application, Wellness Assessment, waiver and physician consent is required before beginning all PWR! Fitness programs.*</b> Banner Neuro Wellness West In-Person and Virtual PWR! Fitness class membership*— <b>OCTOBER \$40.00/month</b> BNWW 1:1 Sessions available — Contact BNWW at Melinda.peterson-theobald@bannerhealth.com <b>9/21/2021 R</b></p>
	4	5 BNWW Classes 9:00 am PWR! Circuit (livestream virtual) 11:00 am PWR! Up (livestream virtual)	6	7 BNWW Classes 9:00 am PWR! Circuit (livestream virtual) 11:00 am PWR! Up (livestream virtual) PD Care Partners Zoom Meeting 11:00 am 12:00 noon		
	11	12 BNWW Classes 9:00 am PWR! Circuit (livestream virtual) 11:00 am PWR! Up (livestream virtual)	13 (PDLER Class) PD Learning & Educational Resource Class 11:00 am—12:00 noon Via ZOOM Topic— "What to do if you are hospitalized"	14 BNWW Classes 9:00 am PWR! Circuit (livestream virtual) 11:00 am PWR! Up (livestream virtual)		
	18	19 BNWW Classes 9:00 am PWR! Circuit (livestream virtual) 11:00 am PWR! Up (livestream virtual)	20 <b>**New Time**</b> DBS Education and Resources Class 11:15 am—12:15 pm <a href="https://us02web.zoom.us/j/81212597974?pwd=Nk9aOHFEOfZiMvY9PRJJaNHJQY3duUT09">https://us02web.zoom.us/j/81212597974?pwd=Nk9aOHFEOfZiMvY9PRJJaNHJQY3duUT09</a> Meeting ID: 812 1259 7974 Passcode: DBSBSHRI	21 BNWW Classes 9:00 am PWR! Circuit (livestream virtual) 11:00 am PWR! Up (livestream virtual) PD Care Partners Zoom Meeting 11:00 am 12:00 noon		
	25	26 BNWW Classes 9:00 am PWR! Circuit (livestream virtual) 11:00 am PWR! Up (livestream virtual)	27	28 BNWW Classes 9:00 am PWR! Circuit (livestream virtual) 11:00 am PWR! Up (livestream virtual)		