

Quick Fact Sheet about Banner Neuro Wellness Program

Is this only for Banner patients?

No, this is open to anyone in the community. You do not need a referral to join our program.

Who does this program serve?

This program specializes in movement classes for those with Parkinson's Disease, those with a diagnosis Alzheimer's or other dementias, and care partners of PWP and PWD while also welcoming other community members into many of our classes, such as chair yoga, Strength & Balance and Boxing for all.

Is there a cost for membership?

There is an assessment fee and membership fee. We conduct an assessment so we can have a baseline of where you are starting at, if you have been out of the program for an extended period of time and/or to follow up on progress. The membership fee is a monthly fee of \$50 per month for a single member or \$65 for a couple (as of December '22).

What are the fees?

The assessment fee is \$40, an extra \$20 fee is added on if a care partner is assessed at the same time. The monthly membership fee is \$50 per month for a single member and \$65 per month if a care partner is also a member. Call the Neuro Wellness Program to schedule appointment for assessment.

What if I can't afford this?

Please talk to us to see what we can work out if there is a financial hardship.

Are there any classes that don't require a membership?

Yes, there are! We have a chair yoga class that requires no assessment, it simply requires that you sign a waiver and can be paid for each time you come in or you can purchase a pass to attend the chair yoga. The charge for this class is currently (as of December '22) \$5 per class or you can purchase a class pass and **you must call to reserve a spot.**

What levels of classes do you have?

We have varying levels of classes which is why we conduct assessments prior to membership. Our Wellness professionals will help to determine which classes are best suited for you. Once your classes are determined, we can help you sign up for a membership and reserve a spot for you in those classes. Our classes range from an active boxing class to a mixed levels Balance and Strength Circuit Class to Parkinson's (PWR!) classes to completely seated Chair Yoga classes and Fun With Fitness Movement classes.

How do I find out more, go on a tour of the site, or sign up for a membership?

Simply call our ***Neuro Wellness Program (520)694-8058***

or send email to Carla.Perez@Bannerhealth.com