



Northwest Rehabilitation Associates, Inc.

Serving you with specialist care and a personal touch

Wellness Classes at NWRA

Brain Can Change Class: Clinic based group exercise programming for individuals who have sustained neurologic trauma. Class is overseen by licensed physical therapist and consists of brief evaluation and progression of wellness programming. This class is an excellent option for those with ongoing wellness aspirations after formal PT.

Shall We Dance?: A course offered at NWRA where participants will be engaged in activity through dance and song. Particularly for those with PD or other neurological conditions, this class will be open to anyone looking to increase activity and move in a fun, communal setting.

PD Boxing: Led at an offsite location, by a trainer who is certified through "Undeclared" Rock Steady Boxing program, this class meets multiple times a week to be active through non-contact boxing in a dedicated boxing gym. Activities include various boxing exercises as well as training circuits for all activity levels.

Geriatric Wellness Program: Exercise program for persons that have ongoing general exercise needs with specific access to body weight support and other balance-assistive equipment.

PD Agility: This class is offered multiple times a week, with a different focus on separate days. Within the PD agility class, there will be days tailored around exercises that improve balance, flexibility, agility, and BIG movements. All class themes are addressed each week, and are not limited to only the specific theme of the day.

Chair Yoga: Like its name suggests, this class is a chair-based session working through Yoga poses and movements in a seated position. This class is ideal for individuals of all activity and experience levels, and is great for improving strength, flexibility, and balance.

Call us at 503-371-0779 for dates and times, or visit us at

<https://northwestrehab.com/wellness-classes/>