

**What is the Parkinson's 3M: Motion, Music & Mobility Exercise Class?**

This is a community-based exercise class for individuals with Parkinson's disease with the goal to promote individuals' ability to achieve and maintain their highest possible level of physical functioning. Class exercises and activities are designed to improve flexibility, strength, balance, posture, mobility and social support. The class is run by physical therapist (Judy Overmeyer-primary instructor) at Mercy Health-Saint Mary's Hauenstein Neuroscience center and is cosponsored by Parkinson's Association of West Michigan. It is open to any community member and any functional level for drop in participation. The class is offered on Wednesdays and Fridays from 2:15-3:15 (PT student volunteers expected to arrive at 2:00) throughout the year. Physical therapy students typically serve as volunteers assisting in the class on Fridays due to their academic class schedule. Volunteers assist with class setup and equipment handout; assist class members with exercises as needed; are an extra set of eyes to assist those with balance difficulties or transfer difficulties; model the exercises (perform with them!); assist with water break; and social interaction with class members.

**When in the program is this opportunity available?**

Summer of the 1st Year in Program through the end of 3<sup>rd</sup> year in program.

**Who can participate?**

Any DPT student after they return from their first clinical. Since students in the 1<sup>st</sup> year summer have not yet had the neurologic content in DPT curriculum, Professor Harro provides the class an introductory overview training session on movement and balance dysfunction in Parkinson's disease, the goals of the exercise class, an overview of the exercise components and tips on modeling exercises/activities and safeguarding. We also discuss the student volunteers role in the class. Students must be in good academic standing in the program to be eligible for this activity.

**Where does this opportunity take place?**

The class is held on the 1st floor conference room at 245 Cherry St. Professional bldg, which is just across the street from the Hauenstein Neuroscience center and Lacks Cancer center at Mercy Health-Saint Mary's Hospital.

Parking: Judy asks that volunteers park in the lot off Jefferson that is just north of the Mercy Health Physician Partners building at the corner of Cherry and Jefferson. Then you just walk up the 3 steps to the parking area for the Cherry Prof. building (which is gated).

**What is the average time commitment for this opportunity?**

It is a 1.5 hour total time commitment per class; students may volunteer for as many times/classes that they would like to attend and are encouraged to volunteer throughout their 3 years in the DPT program. Student volunteer coordinator for PD exercise class opportunities (both this class and Professor Harro's PowerUp exercise class) in collaboration with faculty sponsor, Professor Harro, manages recruitment and sign up sheets.

**Who is the best person to contact to obtain more information on this opportunity?**

Cathy Harro [harroc@gvsu.edu](mailto:harroc@gvsu.edu)

**Does this opportunity cost anything to the student(s)?**

There is no cost to students.

**To learn more, click on the link:**

Parkinson's Association of West Michigan

[https://parkinsonswm.org/resources/wpbdp\\_category/grand-rapids-area/](https://parkinsonswm.org/resources/wpbdp_category/grand-rapids-area/)