



InMotion Programs

InMotion™ leads the way in offering community-based wellness for people with Parkinson's disease, providing healing arts, physical wellness, education, support and symptom-specific programs to help our clients feel better every day. We serve clients at our Beachwood, Ohio location and remotely via Zoom. As a nonprofit 501(c)(3) organization, we rely on generous donors to offer our programs at no cost to our clients.

InMotion's programs are designed to complement the care received from your healthcare team. Our data shows that, in aggregate, clients that participate regularly in all of our program modalities improve or maintain their current level.

Healing Arts

Mindful Movement (Yoga) adaptive classes raise awareness of mindfulness and promote a sense of well-being. Clients learn how to adapt the movements learned in class to improve daily life skills.

Pilates / Pilates Strong* is an exercise system which increases strength, flexibility and coordination along with mental focus and the mind body connection. It focuses on improving core strength, while increasing flexibility and balance. Pilates Strong will include light hand weights for additional strength conditioning and Barre ballet movements.

Power Stretch* will explore breathwork, balance, posture, flexibility, strength, and allow clients to experience a deeper connection between mind and body.

Stretch and Release* is a gentle movement exercise class that focuses on using various tools to release tension in the muscles, as well as performing both mobility and flexibility exercises. It ends with a relaxation segment.

Tai Chi helps improve balance and limits falls. This evidence-based program for people with Parkinson's disease fine tunes and recharges mental, physical and spiritual health.

Yes, I Can Move!™ (YICM)* is based on the nationally-recognized Dance for PD® program, developed by the Mark Morris Dance Group and Brooklyn Parkinson Group in Brooklyn, NY. YICM™ helps clients increase range of motion, stretch and strengthen muscles, improve balance and coordination, and stimulate cognitive function.

Physical Wellness

Better Every Day™ (BED)* is InMotion's signature exercise program. Classes focus on movement, function, mobility, balance, endurance, and strength. BED™ helps clients feel better every day by improving performance with daily tasks, building strength and confidence, and maintaining independence.

BED™ Cardio/Falls Prevention* includes principles of the BED® class with a more specific focus. It consists of two 30-minute segments: 30 minutes of physical activities promoting increased heart rate/endurance and 30 minutes of activities to aid in fall prevention.

BED™ Strength* focuses on 10-15 major muscle groups, resistance, speed and power through the use of weight machines, resistance bands, light and moderate hand weights and body weight.

BED™/Boxing* is a combination class of BED™ and Boxing. It focuses on balance, strength, reaction time, footwork, breathing and hand-eye coordination.

BED™ Prime* covers all aspects of fitness. Enjoy an energetic cardio session, while also building strength, improving flexibility and enhancing balance.

Bike & Box* is a combination class of Spinning, Boxing and Mindfulness. It focuses on cardio, the upper/lower body and concludes with a cool down exercise.

Boxing* helps improve movement, balance, strength and mental focus. No prior boxing experience is needed.

Drums Alive®* uses rhythm as the source of inspiration to discover a new group fitness experience. It combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. Drums Alive® is a program that fosters a healthy balance physically, mentally, emotionally and socially.

**Color coded by physical mobility level*



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Spinning (Cycling)* is performed on a stationary bike and is designed specifically for people with Parkinson's disease. This class helps clients improve lateral stability, lower body power, balance, mobility, endurance and mental focus.

Education

Ask the Expert - monthly education series

Medical Journal Review Club - peer-led group; explores and discusses articles relating to Parkinson's

PD 101 - education program for newly diagnosed clients

Support

Book Club

Beyond PD 201 - virtual, peer-led support group

PD Café - small, informal discussion-based support group

Wellness Workshop

Women's Forum - support group for women with PD

Fit 4 You

Art Workshop helps improve fine motor skills and creativity. In class, you will be introduced to multiple fine art media, including oil pastels, watercolors, soft pastels, acrylics and mask-making. Mask-making has always been used as a therapeutic tool, assisting those who want to share experiences and feelings through symbol, metaphor and visual imagery. Clients are also encouraged to pursue other forms of collage and assemblage.

Brain Builder* focuses on the non-motor symptoms of PD including attention, problem solving, memory and executive functions. Clients will utilize strategies to improve these skills and apply them to everyday tasks.

Handwriting* is an 8-week class where participants will learn exercises and therapeutic strategies to improve handwriting fluency and legibility. Handwriting problems such as decreased letter size, amplitude and width, as well as problems with force, velocity and timing will be addressed.

LOUD Crowd® utilizes techniques of proven speech therapy approaches targeting improving or maintaining loud and clear speech within your everyday life.

Melodica with Kevin will challenge your breath support, fine motor skills, and cognition, while you enjoy playing an instrument in a group. The melodica is a portable, lightweight piano keyboard that is powered by blowing air into a mouthpiece. Whether you are looking to rekindle your love of playing piano, or excited to learn for the first time, group Melodica class is an excellent opportunity to make music, have fun, and work on important life skills.

Music That Moves You is composed of a weekly singing group and drumming group, led by a board certified music therapist. The singing group gives clients the opportunity to sing, share, and discuss their favorite songs, while also practicing techniques to improve breath support, articulation, and posture. The drumming group encourages participants to play a variety of instruments to address gross and fine motor skills, as well as challenge the brain with complex rhythms, improvisation and divided attention.

Say It Like You Mean It utilizes exercises to build breath support, swallowing strength and coordination, as well as utilizes strategies to improve communication in everyday situations.

Speech, Swallow and Cognition* is an 8-week course designed to empower individuals and their loved ones by building knowledge. This course covers cognition including memory and attention, as well as speech and swallow safety. This class occurs periodically throughout the year.

Think Loud* begins with voice/speech warm ups to facilitate loud and clear speech which is then used throughout the class during tasks targeting cognition.

Client Assessments

Every six months, we ask our clients to participate in physical and quality-of-life assessments, which place clients into one of four color-coded levels, matching them with appropriate classes. Assessments also help clients track their progress and have constructive conversations with their healthcare team.

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