



THERAPEUTIC  
HEALTH

# WINTER CLASSES

**January - April 2023**

EDUCATION • HEALTH & FITNESS • SPORTS

REGISTER NOW!

**ChooseEA.org**

## PWR 1

This 50-minute move/circuit class will be filled with researched, evidence-based, and proven instruction to slow the progression of Parkinson's symptoms. Our specialist will lead you through BIG movements that will get you moving and feeling better from the very first class. Exercises will begin in a seated position and transition into standing. You will see that you will gain more energy, have improved voice volume, move with less stiffness and stopping, improve your safety from falls, and more. This class will also give you guidance on what you can do at home to continue feeling better.

**Class Instructor:** Grace Chaney

**Class Fee:** \$60 per Session

**Class Days:** Tuesday & Saturday

**Class Times:** 10:00 – 11:00 a.m.

**Class Location:** EA Therapeutic Health– Main Building

**Class Dates:** 1/10/23-2/28/23  
Registration Deadline: 1/3/23

**Class Dates:** 3/2/23-4/27/23  
Registration Deadline: 2/23/23

**Register online at [ChooseEA.org](https://ChooseEA.org) or call (507) 259-7570**  
Interested in a financial assistance? Ask about our All Access Pathway.

## PWR 2

These 50-minute move/circuit classes are researched, evidence-based, and proven to slow the progression of Parkinson's symptoms. Our specialist will lead you through special BIG movements that will get you moving and feeling better from the very first class. Exercises will start in a standing position. You will see that you will gain more energy, have improved voice volume, move with less stiffness and stopping, and improved safety from falls just to name a few benefits. This class will also give you guidance on what you can do at home to continue feeling better.

**Class Instructor:** Grace Chaney

**Class Fee:** \$60 per Session

**Student Type:** Adults (18+)

**Class Days:** Tuesday & Saturday

**Class Times:** 11:00 a.m. – 12:00 p.m.

**Class Location:** EA Therapeutic Health– Main Building

**Class Dates:** 1/10/23-2/28/23  
Registration Deadline: 1/3/23

**Class Dates:** 3/2/23-4/27/23  
Registration Deadline: 2/23/23

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# Wheelchair Athlete Adaptive Strength and Conditioning

You'll work with a Strength and Conditioning Specialist to prepare your body to be the best at your sport and recreational activities. Our specialized trainers will assist you in a small group setting to train in strength and cardiovascular endurance activities. Our equipment is 100% accessible and you will be able to achieve the workout you need to stay injury free and excel in your sport.

**Class Instructor:** Therapeutic Health Specialist

**Class Fee:** \$60 per Session

**Student Type:** Youth & Adults (Ages 13+)

**Class Days:** Tuesday & Thursday

**Class Times:** 5:00 – 7:00 p.m.

**Class Location:** EA Therapeutic Health– Main Building

**Class Dates:** 1/10/23-2/28/23  
Registration Deadline: 1/3/23

**Class Dates:** 3/2/23-4/27/23  
Registration Deadline: 2/23/23

### All participants must be able to:

- Communicate with instructors independently
- Follow complex instruction
- Perform complex decision making.

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## Wheelchair Basketball League

Pump up the volume and get out onto the court with your team! No experience necessary. Registration is limited to ten (10) team members. If you own your own indoor sport wheelchair, we may be able to accommodate more. Contact Alex McKay at EA for more information.

**Class Instructor:** Alex McKay

**Class Fee:** \$40 per Session

**Student Type:** Youth & Adults (10+)

**Class Days:** Wednesday

**Class Times:** 6:15 – 8:15 p.m.

**Class Dates:** 1/11/23-3/1/23

Registration Deadline: 1/4/23

Class Location: Lourdes High School

**Class Dates:** 3/8/23-4/26/23

Registration Deadline: 3/1/23

Class Location: TBD

- Indoor sport wheelchairs are required to play. We have a variety of sizes available at limited quantities, so contact us if you'd like to try one out at the clinic.
- Youth participants must be accompanied by an adult supervisor who remains onsite.
- Participants must be independent with self cares or have a caregiver onsite.

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# Special Athletes Training: Poly Hockey

Join us for a sports specific training with a group of peers. Together, we will focus on movements for strength, endurance, and injury prevention. Specifically, we will practice proper twisting, eye/hand coordination, and endurance needed to be a successful poly hockey player.

**Class Instructor:** Collin Volkman

**Class Fee:** \$60 per Session

**Student Type:** Adults (18+)

**Class Days:** Tuesday & Thursday

**Class Times:** 3:00 – 4:00 p.m.

**Start date:** 1/10/23

**End date:** 2/28/23

**Registration Deadline:** 1/3/23

**Class Location:** EA Therapeutic Health – Main Building

**Register online at [ChooseEA.org](https://ChooseEA.org) or call (507) 259-7570**

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## Special Athletes Training: Strength and Circuit Training

Stay strong this season and focus on strength and circuit training with a group of peers. We will be focusing on strengthening, weightlifting, endurance, and cardiovascular needed for off-season training.

**Class Instructor:** Collin Volkman

**Class Fee:** \$60 per Session

**Student Type:** Adults (18+)

**Class Days:** Tuesday & Thursday

**Class Times:** 3:00 – 4:00 p.m.

**Start date:** 3/2/23

**End date:** 4/27/23

**Registration Deadline:** 2/23/23

**Class Location:** EA Therapeutic Health – Main Building

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# Living a Healthy Life with Parkinson's Movement Disorder

We will explore many different aspects of physical, social, medical, intellectual and emotional well-being topics through expert education and active participation. Topics will include activities to reduce symptoms, ways to improve social relationships, modification options for in home daily activities or leisure activities, ways to practice practical thinking and decision-making skills, the science behind the exercise, specific beneficial physical exercise options, and more. We will discuss and practice different topics each week, and provide take home activities and items to practice at home. The sessions will be led by both EA Therapeutic Health Staff (including physical and occupational therapy, health coaches, and inclusive fitness trainers) as well as bring in community partners and medical experts from area organizations.

**Class Instructor:** EA Staff

**Class Fee:** \$0 per Session

**Student Type:** Adults living with Parkinson's Disease

**Class Days:** Monday & Wednesday

**Class Times:** 1:00 – 2:00 p.m.

**Start date:** 2/6/23

**End date:** 3/27/23

**Registration Deadline:** 1/30/2023

**Class Location:** EA Therapeutic Health – Main Building

This program is supported by a community grant from the Parkinson's Foundation.

Space is limited and the program is free with free will donations welcome.

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# Stroke Survivor

This 50-minute class is built for people who have survived a stroke and are looking to build a foundation for restorative movement. You will be working on breathing techniques, range of motion, gaining strength, and increase proper activation to help fight against compensatory movement. Exercises will start in a seated position and transition into standing.

**Class Instructor:** Stef Bjerke

**Class Fee:** \$60 per Session

**Student Type:** Adults (18+)

**Class Days:** Tuesday & Thursday

**Class Times:** 9:00 – 10:00 a.m.

**Class Location:** EA Therapeutic Health – Main Building

**Class Dates:** 1/10/23-2/28/23  
Registration Deadline: 1/3/23

**Class Dates:** 3/2/23-4/27/23  
Registration Deadline: 2/23/23

Participants must be able to follow instructions in a group setting.

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## Independent Fitness Group

Embrace a fully accessible fitness center equipped with advanced neurological recovery and adaptive fitness equipment.

**Who:** Adults (18+)

**What:** Access to a state-of-the-art rehab-oriented gym

**When:** Various days and times will be designated

**Where:** EA Therapeutic Health – Main Building

**Why:** To continue your journey to health, happiness,  
and independence

**How:** Call EA to set up an assessment and orientation

If you require assistance with transportation, transfers, or in the restroom you must provide your own personal care attendant.

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## Gross Motor Exploration

This mommy and me class will be a place for children to learn through play. Through sensory exploration, we will focus on gross motor skill development, language skill development, and problem solving. Using sensory mediums during play encourages new nerve connections in the brain to increase learning. This class will increase the child's sustained attention to prepare for them for school. Children will also understand sharing, taking turns, and build social skills with others.

**Class Instructor:** Danielle Tazic

**Class Fee:** \$160

**Student Type:** Children (2- 5)

**Class Days:** Monday

**Class times:** 11:15 a.m. – 12:00 p.m.

**Start date:** 1/9/23

**End date:** 2/27/23

**Registration Deadline:** 1/3/23

**Class Location:** EA Therapeutic Health – Main Building

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## Sensory Exploration

This mommy and me class will be a place for children to learn through play. Through sensory exploration, we will focus on fine motor skill development, language skill development, and problem solving. Using sensory mediums during play encourages new nerve connections in the brain to increase learning. This class will increase the child's sustained attention to prepare for them for school. Children will also understand sharing, taking turns, and build social skills with others.

**Class Instructor:** Danielle Tazic

**Class Fee:** \$160

**Student Type:** Children (2- 5)

**Class Days:** Monday

**Class times:** 11:15 a.m. – 12:00 p.m.

**Start date:** 3/6/23

**End date:** 4/24/23

**Registration Deadline:** 2/27/23

**Class Location:** EA Therapeutic Health – Children & Family Building

**Register online at [ChooseEA.org](https://ChooseEA.org) or call (507) 259-7570**

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## Fit4Play – EA Winter Olympics

This functional small group program is based on Autism Fitness Theory and will focus on a different Olympic game each week. The goal of this program is to provide your child an opportunity to practice social skills with peers in an inclusive and safe environment while being active and having fun. The program is led by our therapeutic health team with our therapy staff and trained volunteers. Children will run, jump, play, take turns, communicate, complete fine motor crafts, sensory exploration and more while. Each activity is filled with positive support for the unique challenges that may make play difficult for them in school or at home.

**Class Instructor:** Danielle Tazic

**Class Fee:** \$320

**Student Type:** Children (7-11)

**Class Days:** Monday & Wednesday

**Class times:** 5:00 – 6:00 p.m.

**Start date:** 1/9/23

**End date:** 2/27/23

**Registration Deadline:** 1/3/23

**Class Location:** EA Therapeutic Health – Children & Family Building

**Register online at [ChooseEA.org](https://ChooseEA.org) or call (507) 259-7570**

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### Fit4Play

This functional small group program is based on Autism Fitness Theory and will focus on a different Olympic game each week. The goal of this camp is to provide your child an opportunity to practice social skills with peers in an inclusive and safe environment while being active and having fun. The program is led by our therapeutic health team with our therapy staff and trained volunteers. Children will run, jump, play, take turns, communicate, complete fine motor crafts, sensory exploration and more while. Each activity is filled with positive support for the unique challenges that may make play difficult for them in school or at home.

**Class Instructor:** Danielle Tazic

**Class Fee:** \$320

**Student Type:** Children (7-11)

**Class Days:** Monday & Wednesday

**Class times:** 5:00 – 6:00 p.m.

**Start date:** 3/6/23

**End date:** 4/26/23

**Registration Deadline:** 2/23/23

**Class Location:** EA Therapeutic Health – Children & Family Building

**Register online at [ChooseEA.org](https://ChooseEA.org) or call (507) 259-7570**

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# Empowering Parents with Strategies

Join other parents and build a community support network. This virtual 6 session class will provide strategies that support socially appropriate and self-regulator behaviors, and also reduce stress levels in the home setting. You will receive practical, user-friendly strategies and in-home activities to decrease stress and increase positive communication and connection.

**Class Instructor:** Cindy Wiest, SLP-CCC

**Class Fee:** \$30

**Class Days:** Tuesday

**Class times:** 6:30 – 7:30 p.m.

**Start date:** 1/24/23

**End date:** 2/28/23

**Registration Deadline:** 1/17/23

**Class Location:** Virtual

A minimum of 15 participants are required to hold this workshop. You will be notified if this requirement is not met.

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