

Join a Community That Moves Together

CFMC understands the impact of PD and other neurodegenerative disorders on millions of Americans. We support the Continuum of Care philosophy—the ongoing interdisciplinary relationships between health care providers.

Let's Get Started!

Sign up on our website for
**CFMC In-Person Training and
Online + Live Virtual Classes.**

CenterForMovementChallenges.org

**GET MOVING TODAY
AT NO COST
Try a CFMC Class**

In-Person Enjoy your first two classes at our Wellness Center completely free!

Online Virtual Try three complimentary online workouts with step-by-step instructions:



All new In-person members receive a personalized evaluation with a licensed therapist to ensure your classes are safe, effective, and tailored to your needs / abilities

**Together We Can Fight
Back Against
Parkinson's**



Amy Morse PT, DPT
Brittney Hooker, PT, DPT, NCS
www.synapserehab.com
info@synapserehab.com



Synapse NeuroRehab+Wellness provides 1:1 total body and evidence-based Physical Therapy for people with Movement Disorders.

Our therapies include:

- LSVT Big®
- PWR!® Parkinson Wellness Recovery
- Vestibular Rehabilitation
- Manual Therapy
- Balance and Falls Training
- Gait Training
- Strength, Flexibility and Endurance Exercise
- Cognitive and Vision Activities
- Pain Management
- Wellness Services
- Occupational Therapy

SYNAPSE NeuroRehab+Wellness
6667 Vernon Woods Drive A-14
Sandy Springs, GA 30328
404.425.9494 FAX 404.549.2877

Center for Movement
Challenges™



Expanding
Access

Empowering
Lives

**Exercise Classes & Workout Programs
for People with Parkinson's**

The Mission of the Center for Movement Challenges (CFMC) is to enhance and potentially prolong the lives of people living with movement challenges with the goal of slowing disease progression, lessening symptom severity, enhancing safety, prolonging independence, encouraging socialization and promoting physical, emotional and cognitive well-being.

CenterForMovementChallenges.org

CFMC is a 501(c)(3) non-profit organization

The Walter and Estelle Strauss Wellness Center
6667 Vernon Woods Drive A-16
Sandy Springs, GA 30328
404-548-5521

Breaking Barriers to Parkinson's Care

Center for Movement Challenges exercise & wellness classes are tailored to the unique needs of people with Parkinson's disease (PD) and neurodegenerative disorders.

Join us remotely through our Online Platform or get hands-on care at our In-person Wellness Center and stay connected through the CFMC community!

CFMC Program Benefits

Anytime, Anywhere Access

On-demand, PD-specific classes and workouts— In-person, Online + Live Virtual.

PD-Tailored Exercises

Suitable for all levels with seated, standing, and customizable options for Parkinson's stages and symptoms.

Virtual Care Telehealth

24/7 virtual access to Synapticure Parkinson's specialists for medication management, symptom tracking, and therapy guidance.

Educational Resources

In-depth guidance on healthcare management, treatment options, lifestyle adjustments, and symptom management.

Let's Get Moving!
FREE CFMC Live Virtual Boxing Classes
Every MONDAY & WEDNESDAY at 10am EST
youtube.com/@CFMCOnline/live

CFMC Online Program Classes & Workouts

CFMC Online Program offers a growing library of 50+ exercise videos with new classes added every week!



Boxing Fundamentals – Learn punches, stances, form & movements

Non-Contact Boxing – Seated and standing formats in English & Spanish

- **Yoga & Meditation**
Flexibility and relaxation
- **Stretching**
Reduce rigidity and enhance movement
- **Specialty Modules**
Fall recovery and sit-to-stand techniques
- **Speech Maintenance**
Strengthen voice and communication
- **Optimizing Movement**
Balance, posture & big movement exercises
- **Occupational Therapy**
Improve, maintain ADLs & fine motor skills
- **Nutrition Guidance**
Fuel your body for strength & mobility
- **Cognitive Exercises**
Improve memory, focus & processing speed
- **Care Partners Program**
Exercises & self-care support for caregivers

CFMC In-Person Training Memberships



Join us in Sandy Springs at the Walter and Estelle Strauss Wellness Center for 100+ classes each month, designed to support movement, strength, and well-being—available six days a week and led by CFMC Certified Trainers & Specialists.

Wellness Services

- ✓ Physical Therapy
- ✓ Nutritional Counseling
- ✓ Massage Therapy
- ✓ Speech Maintenance
- ✓ Social Services for Individuals & Caregivers
- ✓ Support Groups & Educational Workshops

Exercise & Movement Classes

- ✓ Non-Contact Boxing
- ✓ Optimizing Movement & Balance
- ✓ Yoga & Meditation
- ✓ Fencing for Agility
- ✓ Pickleball at 📍 Sandy Springs Tennis Center



Conquering Movement
Challenges™