



Belmont Village Senior Living of Oak Park Hosts Exercise Classes

Chair Yoga and Parkinson's disease exercise classes boost mobility and reduce risk of falling

As we age, we are more susceptible to diseases such as arthritis, rheumatism and high blood pressure. The need for exercise increases, but our bodies sometimes limit our level of participation. Yoga is a form of exercise that adapts to needs and abilities, regardless of fitness level. Yoga promotes fitness, helps calm the mind, and can help with relaxation.

Belmont Village of Oak Park is hosting "chair yoga" classes every other Saturday at 9:30 a.m. The classes are led by occupational therapist Judith Brown, and use a special chair technique for a gentler form of yoga. Chair yoga is approved by the Arthritis Foundation to ease the aches and pains of arthritis. Some benefits include increased circulation in the feet, legs, knees, hips, shoulders and elbows, which helps the general well-being of the heart. "Chair Yoga has become so popular for seniors and people with physical limitations. It is an easy and effective way to get all the benefits from yoga with confidence—we're very pleased to be able to provide this service to our community," says Pat Porter, Community Relations Manager of Belmont Village of Oak Park.

Belmont Village also offers exercise classes for people with Parkinson's disease. The classes, taught by physical therapist Carla Reroma, concentrate on basic exercises to help with balance, walking, flexibility, posture and breathing. "We are educating our students with exercises that will help them with overall function as their disease progresses. For example, I teach them that while they walk, they should concentrate on lifting their feet and swinging their arms. This helps them to keep their balance. It may seem simple, but for those with Parkinson's disease, it can make the difference between falling or not, which is a huge benefit," Reroma says. Belmont Village's Parkinson's exercise classes are held every Tuesday and Thursday at 1:30 p.m.

Both classes are complimentary and open to the public, but reservations are required. For enrollment information, please call 708-848-7200.

Belmont Village Assisted Living communities are designed for seniors who need assistance with daily activities. The company's programs and services are supported by industry-leading best practices and research in the fields of gerontology, hospitality, architecture, and consumer preferences. Residents enjoy chef-prepared meals, housekeeping, transportation, social activities, and support from a well-trained staff including licensed nurses around the clock. Individuals with memory loss and Alzheimer's disease are supported by Belmont's proprietary programs, Circle of Friends and Person-Centered Living™. Belmont Village currently operates 18 communities in California, Chicago, and the

southern US. Chicagoland communities include Glenview, Buffalo Grove, Carol Stream and Oak Park. For more information, please visit the website at www.belmontvillage.com