



November 4, 2009

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FOR IMMEDIATE RELEASE

Exercise is Medicine for the Parkinson's Brain

Franke Tobey Jones to Host Speaker Dr. Patrick Hogan, D.O.

Franke Tobey Jones will host Dr. Patrick Hogan, D.O. of Puget Sound Neurology on Tuesday, November 10th at 4:00 p.m. for a program on the benefits of exercise for people with Parkinson's disease. Exercise has long been considered a means to condition the muscles and heart, and Dr. Hogan has learned exercise also has a direct benefit for people with Parkinson's. Dr. Patrick Hogan will bring a wealth of information on the intimate connection between physical activity and brain health. His work in treating Parkinson's won an award from the National Parkinson's Foundation. He also has extensive knowledge of dystonia, restless leg and other movement disorders.

Studies show that a challenging exercise program increases the number of brain cells as well as the connections between brain cells resulting in improvement of the symptoms of Parkinson's as well as a slowing in the disease's progression. Exercise with enough frequency, intensity and variety challenges the brain to respond by producing the chemical changes needed generate new cells and synapses. Studies also show that exercise improves brain function in those with memory impairment either from normal aging or from dementias due to Alzheimer's or Parkinson's.

For more information about Dr. Hogan's program, call 253-756-1862 or register on line at www.franketobeyjones.com. The discussion will be held in the MJ Wicks Family Wellness Center, Lillian Pratt Building at Franke Tobey Jones, 5340 North Bristol (corner of North Park Way and North Vassault), Tacoma.

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Established in 1924, Franke Tobey Jones is a non-profit organization and public charity. Tudor-style residences are located on 20 acres of beautifully landscaped grounds adjacent to 700-acre Pt. Defiance Park in Tacoma's historic North End. As a Continuing Care Retirement Community, Franke Tobey Jones offers multiple Independent residences for active retirees, with the peace of mind of lovely Assisted Living, 24-hour Health Care and Memory Care facilities steps away. The 6,000 sq. ft. Wellness Center, Bistro Café, Beauty Shops, engaging activity calendar, putting green and Senior University round out the picture of gracious and energetic retirement living.

