

YES, AND.. EXERCISE!

A 501(c)3 nonprofit organization

The **Day One: Parkinson's Prison and the Hero's Journey to Escape!** is a unique, evidence-based program that helps people with, affected by and serving the Parkinson's disease (PD) community live better. It was developed by Robert Cochrane, PhD during his doctoral studies in the Interdisciplinary Health Sciences program at the University of Nevada, Las Vegas. Robert is also a care partner for his father, Dan, who was diagnosed with PD in 2001.

While the motor symptoms of PD get the majority of medical attention with movement disorder specialists and neurologists, there are not enough safe, brave, creative and proactive programs or experts to address the myriad of psychosocial issues that imprison people with PD.

We are seeking donations for scholarships for the next round of this program, which begins on Aug. 21. You can make a tax-deductible donation to Yes, And...eXercise! by [clicking on this link](#).

Please contact Robert Cochrane, CEO & Founder of Yes, And...eXercise!, with any questions: yesandexercise@gmail.com.

Testimonials

I would describe Dr. Robert's class as fun, challenging, imagination stretching, and deeply emotional. The Doc is amazing. I have surprised myself when I look over my own weekly assignments. - Perry H.

I find myself willing to dig deeper into the fear and high anxiety that have become more problematic as PD steamrolls across my life. - Doris M.

The most valuable aspect of the Day One class is increased self-understanding, and therefore increased self-confidence and self-efficacy. In addition to my own awareness of courage and capacity increasing, my family and friends are astonished at the changes they have seen in me as I have traveled on the Day One journey. - Susan S.

The class created a tight lifelong bond with my classmates and Sherpa, Dr. Robert. I learned a lot from them as we shared our deepest fears and wishes. We played games, told stories, laughed, cried, and supported each other. An experience I will never forget. - Russ P.