

# YES, AND.. EXERCISE!

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The **Jam for Joy** is for people with PD, care partners and the medical/wellness staff who serve our community. It's an hour of improvisational fun, connection, and discovery in a safe and brave space. We play, have each other's backs at all times, and know there are no wrong answers. There is absolutely no experience required nor will you be asked to perform.

Our online groups meet every Tuesday at 10a Pacific and Thursday at 4p Pacific. There is no charge in the flagship Tuesday Jam for Joy as we exist on the Pay it Forward model within our non-profit, Yes, And...eXercise! We recommend that people who know nothing about the program give this one a chance. The Thursday class is sponsored by the Young Onset Parkinson's Network. People with young onset and their care partners will receive priority on Thursday, but all members of the community, including wellness and medical providers are welcome as space allows. We recommend booking at least 24 hours in advance. **Robert Cochrane, PhD**, developed this program through years of research in the Interdisciplinary Health Sciences program at UNLV. The outcomes include increases in confidence, creativity and communication. This is **not** simply improvisational games. Most of all, we have fun.

The live classes are a new offering for 2023. They follow mostly the same format but they do run 90 minutes and require a minimum of eight players and a maximum of twenty. Because of the added resources, travel and time, there is a fee for these classes - they are \$320 per class for a minimum booking of eight weeks. This cost has been offset by some groups by asking participants to donate up to \$20 per person, per session. The live class is not a series, meaning, for example, participants could come to class week one, four, six and eight and get a full experience each class. The sponsor of these classes is also welcome to theme classes toward care partners, wellness and medical staff (Speech Language Pathologists, Physical Therapists, Social Workers, exercise coaches, as well as Clinicians and Physicians) as well as people with PD. You can also choose to stratify the class into a certain level of PD diagnosis (for example, early onset in one class and level 3-4 in the Hoehn & Yahr scale participants in another). While the online classes are convenient and quite effective, the live classes are more dynamic in terms of the interactivity and engagement. The extra half hour allows us to explore and discover more.

For more information and to sign up, please visit our website: [www.yesandexercise.org](http://www.yesandexercise.org). Click on the "Sign up" tab in the navigation bar.

We can also run this program for private groups, both online and in person. Please contact Robert directly for more information: [yesandexercise@gmail.com](mailto:yesandexercise@gmail.com).

### **Testimonials**

"Not only does it provide a much needed challenge to our cognitive ability, but I always leave the meetings in a great mood." - Wayne R.

"The enthusiasm is contagious and the laughter is infectious. It has brought Joy to my day in many ways. The creativity and compassion that Robert demonstrates challenges me to think about how I can share with others and pay it forward" - Natasha H.

"Lots of fun, lots of openness, listening and getting to know each other and it felt good playing with everyone. It's banishing the anxiety from my mind for the rest of the evening. I feel calm, relaxed and happy." - Amy

"I have participated in many different improv activities and the one I attended with Robert is very fun and effective in terms of personal growth. Robert is a very empathetic facilitator; he creates a very emotionally safe environment." - Bill T.