

Shaking Up LA (Lower Alabama)

Parkinson's Support Group Meeting

Saturday, November 11th, 2017 9:00 am

Shaking Up LA will hold its next meeting on November 11th, 2017, at 9:00 am in the Atmore Community Hospital auditorium. We will be featuring Brittany Lazzari, a Physical Therapist with D.W. McMillan Home Health and LHC Group. Brittany graduated from Troy University in 2013 with a Bachelors degree in Biology and received her Doctor of Physical Therapy degree from University of South Alabama in 2016. During and since that time, she has worked in rehabilitation, skilled nursing and home health settings. Brittany says that her “passion is geriatrics because I'm an old soul and older people are dear to my heart. I also enjoy treating patients in rural areas because I feel they are very underserved. I wanted to be a physical therapist so I could know my patients on a personal level and really be a part of changing someone's life for the better.”

Brittany will be providing us with an interactive and hands on workshop to share with Parkinson's fighters and their caregivers information related to movement and balance and providing instruction on some basic simple exercises to help improve flexibility, movement, mobility, and balance. Brittany is excited to be able to support our group through her extensive knowledge and experience in physical therapy, and will certainly provide us with some valuable tools to live well and live like a warrior with Parkinson's. Light breakfast refreshments will be available, and there is no cost for attendance. Questions, *contact John Carmichael, 251-238-7085 or email carmicje14@gmail.com.*

