



Public Health Intern Wellness Project Description

Organization Name: PWR!Gym: A model community neurofitness and wellness center implementing exercise as medicine through early intervention and continuous access for life for people with Parkinson disease.

Level of Expertise Needed: An undergraduate public health program intern.

Internship Project Title: Wellness Educational Series Development

Project Description: This project involves assisting in the development of a curriculum and finding resources for an educational series. Its' purpose is to educate our members and participants on how to live well with Parkinson disease by managing their non motor symptoms, learning about PD, alternative and complementary approaches, stress reduction, nutrition, and more. Interns will be responsible for gathering information, researching resources, outlining content, preparation of slides and/or handouts for a presentation, and organizing the content into a file notebook. There will be an option that they co-teach with one of our staff.

Student Characteristics: We are looking for an organized self-starter with good verbal and written communication skills. Candidates should be personable and feel comfortable speaking to a group. The ability to relate well to a wide range of individuals with movement problems or their partners and family, therapists, fitness professionals, and other staff is important. An understanding of Parkinson's disease and knowledge of health and wellness and integrative approaches to medicine would be beneficial.

Background of PWR!: Parkinson Wellness Recovery is a 501(c)(3) nonprofit organization established in 2010 by Dr. Becky Farley, a neuroscientist, physical therapist and pioneer in the development of and training of bigger/faster movements for people with people with Parkinson disease. We provide cutting edge therapy and wellness programming (i.e. exercise, education and enrichment) for people with Parkinson disease and their partners. We want to make our wellness series available to people with PD and their partners/family/friends in the SE AZ region for free. fill an ongoing wellness series will enhance our programming and the quality of life for our members and participants.

Where: The PWR!Gym is located at 140 W Fort Lowell Rd. Tucson AZ.

When: During the course of the internship, intern should complete a minimum of one-2 topics.

Intern Title: Curriculum Coordinator

Supervision and Application Contact Information: Nancy Nelson, PWR!Gym Manager
Please call to schedule an interview, 520-591-5346



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Compensation/Benefits: The opportunity to work in a model community center with a team of dedicated Parkinson professionals and gain teaching and public speaking experience.