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**FOR IMMEDIATE RELEASE**

December 12, 2022

**PARKINSON'S ASSOCIATION OF SOUTHWEST FLORIDA AWARDED A \$30,000 GRANT**

**FOR MOVEMENT CLASSES FROM THE COLLIER COMMUNITY FOUNDATION**

NAPLES, FLORIDA – (December 12, 2022) –The Parkinson's Association of Southwest Florida (PASWFL) has been awarded \$30,000 from the Collier Community Foundation. The grant funds will support the movement classes offered to benefit persons in Southwest Florida with Parkinson's Disease (PD) or other neurological disorders. Each week the PASWFL offers twice-daily movement classes on Zoom in addition to weekly in-person classes at the HIIT Factory in Naples. The Collier Community Foundation grant will be used to continue offering these programs in Southwest Florida at no charge to participants.

Growing evidence shows that vigorous exercise may have a neuroprotective effect on people with PD. Movement classes offered by the PASWFL offer a flexible and functional exercise approach that targets multiple symptoms and allow for adaptation for disease severity. These classes specifically target four skills shown by research to interfere with mobility in people with PD: antigravity extension, weight shifting, axial mobility, and transitional movements. Movement is a key element to living well with PD.

“We are grateful for the generous support of the Collier Community Foundation,” said Mary C. Schoeffel, CFRE, Executive Director of the PASWFL. “The grant will have a direct impact through movement classes that we provide for the thousands of people in our community with PD who rely on the evidence-based support, services, and education we provide them to help them live well with PD. Our services and programming are free to members and their families affected by PD and other neurological disorders because we believe that everyone should have access to our programming and that finances should never be a barrier to our members. This grant from the Collier Community Foundation helps make that possible.”

**About the Collier Community Foundation:** Collier Community Foundation™ is a tax-exempt, public, charitable organization established in 1985 to increase and focus on local private philanthropy. Today, the Collier Community Foundation manages more than 850 funds, works with hundreds of nonprofits, and has granted over \$268 million to nonprofit organizations, community programs, and scholarships. Informed giving. Powerful results.™ Learn more at [colliercf.org](http://colliercf.org) or call 239-649-5000.

#### **About the Parkinson’s Association of Southwest Florida**

For over twenty-five years, PASWFL has provided front-line evidence-based, effective programs and services that improve the quality of life and educate, enrich, and empower our community members affected by PD and related neurological diseases. Each week the PAWSFL offers more than 20 programs and support groups for members with PD and their Care Partners and the greater SWFL community. There are no fees associated with becoming a member; the membership application is available online at [www.parkinsonassociationswfl.org](http://www.parkinsonassociationswfl.org). Connect with us on [Facebook](#), [Twitter](#), and [Instagram](#), or by calling 239-417-3465. PASWFL is located at 2575 Northbrooke Plaza Drive, Suite 301, Naples, FL 34119.

#### **About Parkinson’s Disease**

Parkinson’s disease is a neurodegenerative disorder that the CDC ranks as the 14th-leading cause of death in the U.S., and the second-most common neurodegenerative disease after Alzheimer’s. There is currently no cure for this disease.

If you would like more information or high-resolution images, please contact Patrice Shields at [shieldscreative@gmail.com](mailto:shieldscreative@gmail.com).

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