FOR IMMEDIATE RELEASE

CARESPACE Launches New Session of PD SAFEx – The Gold Standard in Parkinson's Disease Exercise Therapy

Kitchener, Ontario – February 4, 2025 – CARESPACE Health+Wellness is proud to announce the launch of a new PD SAFEx class starting on February 10, 2025, led by world-renowned expert Dr. Quincy Almeida, PhD, Parkinson's Program Director at CARESPACE. PD SAFEx is a groundbreaking exercise program proven to slow the progression of Parkinson's Disease (PD) symptoms and enhance quality of life for individuals living with this neurodegenerative disorder.

Developed through decades of research, PD SAFEx employs evidence-based, sensory attention-focused exercises designed to improve mobility, balance, and independence in Parkinson's clients. Clinical trials demonstrate that PD SAFEx outperforms other exercise programs and traditional drug therapies in symptom management and disease progression.

"Parkinson's Disease doesn't have a cure, but it doesn't have to limit what's possible," says Dr. Quincy Almeida, the creator of PD SAFEx and Director of the CARESPACE Parkinson's Program. "With the right tools, like PD SAFEx, clients can reclaim control, maintain independence, and achieve meaningful progress."

The 12-week program will be led exclusively by Dr. Almeida, ensuring that participants benefit directly from his expertise, groundbreaking research as well as the most recent advances and discoveries on treating neurodegeneration. The program is designed to meet each participant's unique needs, targeting their specific stage of disease progression in a supportive group environment.

Program Highlights:

- Scientifically proven to slow disease progression
- Targets motor symptoms such as tremors, rigidity, and balance
- Reduces anxiety and depression while also enhancing cognitive function
- Supports long-term health and independence
- Delivered directly by Dr. Almeida, a globally recognized leader in Parkinson's care

Upcoming Class Details:

- Start Date: February 10, 2025
- Location: CARESPACE Health+Wellness – Westmount East
- Registration: Spaces are limited; reserve your spot by calling (519) 208-2273 or booking online at: https://carespace.health/pd-safex/
- https://carespace.health/parkinson-s-program/

Be Your Best – Move Better. Think Better. Live Better.

PD SAFEx is part of the broader Parkinson's Program at CARESPACE Health+Wellness, which provides a multidisciplinary, client-focused approach, including mental health support, dietary guidance, and caregiver resources. The program addresses every facet of Parkinson's care, ensuring that clients receive comprehensive and coordinated care from physiotherapists, kinesiologists, psychotherapists, dietitians and more.

For media inquiries, interviews, or additional information about PD SAFEx or CARESPACE's Parkinson's Program, please contact:

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About CARESPACE Health+Wellness:

CARESPACE Health+Wellness is redefining healthcare with a multidisciplinary, evidence-based approach that helps clients achieve their health and wellness goals. With a team of more than 80 healthcare professionals across 11 disciplines, CARESPACE delivers personalized, coordinated care in manual therapy, mental health, and lifestyle optimization—ensuring clients receive the right care at the right time. Whether it's physical recovery, mental well-being, or lifestyle improvements, CARESPACE practitioners work together to provide comprehensive, results-driven solutions tailored to each client's needs. Operating from five convenient locations across Kitchener-Waterloo, CARESPACE makes high-quality healthcare more accessible, collaborative, and effective for the community.