

LAURA CLINE: UP TO THE CHALLENGE

“I have more good days than bad days,” said Laura Cline, Wellness Center member. Three years after the symptoms began; Laura was diagnosed with Parkinson’s disease.

When faced with the question of which exercise facility to join, the choice was easy. With Laura’s high blood pressure, back problems and Parkinson’s, the Wellness Center was a perfect fit.

“The people here are so positive, supportive and upbeat. I am amazed at the knowledge base among all the different exercise physiologists,” says Laura.

Since joining more than three years ago, Laura has tapped into most of the services that the Wellness Center has to offer beyond its exercise component. She sees the massage therapist, Heidi Allen, to work on the rigidity in her shoulders; when her back went out, she went through physical therapy with Doug Martin; and has started seeing the dietitian, Aren Dodge, for help with weight loss.

Laura said, “There is no such thing as down time for me.” She attends the Wellness Center five days a week. Since joining, she has noticed that the regular exercise has helped improve her mental attitude and decreased the number of blood pressure medications she takes.

“I don’t view Parkinson’s as a disability, but a challenge,” says Laura. The Wellness Center has not only helped Laura stay active to help with her Parkinson’s, but also has provided her with a support group. “The great thing about the Wellness Center is there are other people like her that also have Parkinson’s. We share our stories and we support each other.”



Spinning is one of the many classes at the Wellness Center that helps Laura with the side effects of Parkinson’s.