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## **Benefits of Physical Therapy, Speech Pathology to be Highlighted at St. Augustine Parkinson's Disease Support Group Meeting**

*Speakers to discuss innovative therapies for Parkinson's patients*

**St. Augustine, Florida—February 11, 2015—**The [St. Augustine Parkinson's Disease Support Group](#) will welcome guest speakers Amanda Griener, a physical therapist at STARS Rehab, and Rosemary Brigham, a speech-language pathologist at Brooks Rehabilitation, to its monthly meeting on Saturday, Feb. 21, to discuss how people with Parkinson's can use both the BIG and LOUD therapies to increase mobility and vocal quality. The event is free and open to the public.

Amanda Griener is a trained practitioner of the BIG method of treatment, a high-intensity, physical training designed to increase amplitude of limb and body movement for those with Parkinson's and other neurological diseases. Griener holds a Master of Physical Therapy (MPT) from the University of St. Augustine for Health Sciences.

Rosemary Brigham is a speech-language pathologist who specializes in the LOUD method of treatment, which improves vocal loudness by stimulating the muscles of the voice box and speech mechanism through a systematic order of exercises.

Griener and Brigham are well-known clinicians in the St. Augustine area and the surrounding communities with extensive experience treating patients with Parkinson's. Both have spoken to the St. Augustine Parkinson's Disease Support Group separately in the past, but February's meeting brings them, and the opportunity to learn about BIG and LOUD, together for the first time.

Parkinson's disease is a progressive disorder of the nervous system that gradually affects patients' movements through tremors, stiffness or slowing of movement. Approximately 60,000 Americans are diagnosed with Parkinson's each year, but this number does not reflect the thousands of cases that go undetected. An estimated seven to 10 million people worldwide live with the disease.

**What:** St. Augustine Parkinson's Disease Support Group

**Who:** Guest speakers Amanda Griener, a physical therapist at STARS Rehab, and Rosemary Brigham, a speech-language pathologist at Brooks Rehabilitation

**When:** 2 p.m., Feb. 21, 2015

**Where:** University of St. Augustine for Health Sciences, Room 103, 1 University Blvd., St Augustine, Florida

**Contact:** Melanie Lomaglio, 904-826-0084, ext. 1270, faculty member at the University of St. Augustine for Health Sciences

**About the St. Augustine Parkinson's Disease Support Group**

The [St. Augustine Parkinson's Disease Support Group](#) supports patients with Parkinson's disease by offering year-round resources and access to safe, affordable community-based programs. The group meets every month, alternating a social gathering at City Coffee Company on N. Ponce de Leon Boulevard with events that host notable speakers who discuss their research and share information to help Parkinson's patients take control of their own treatment and live healthy lives. The group is led by Ms. Melanie Lomaglio, an assistant professor at the University of St. Augustine for Health Sciences.

**About the University of St. Augustine for Health Sciences**

The University of St. Augustine for Health Sciences is a graduate institution that emphasizes health science education through innovative quality classroom and distance education, and is a member of the *Laureate International Universities* network. Founded in 1979, USA has locations in San Marcos, California; St. Augustine, Florida; and Austin, Texas. For more information, visit [www.usa.edu](http://www.usa.edu).

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