



UNIVERSITY OF ST. AUGUSTINE

FOR HEALTH SCIENCES

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Slowing the Progression of Parkinson's Topic of April 4 St. Augustine Support Group Meeting

Dr. Chris Hass to discuss benefits of exercise for Parkinson's patients

St. Augustine, Florida—March 16, 2015—In honor of Parkinson's Awareness Month in April, the [St. Augustine Parkinson's Disease Support Group](#) will welcome guest speaker Dr. Chris Hass, associate professor at the University of Florida in the Department of Applied Physiology and Kinesiology, to its monthly meeting on Saturday, April 4. Dr. Hass will discuss his research on slowing the progression of Parkinson's disease through exercise. The event is free and open to the public.



Dr. Hass directs one of the most advanced clinical research programs focused on Parkinson's disease and movement disorders in the country through the University of Florida Health Center for Movement Disorders and Neurorestoration. His research interests include the efficacy of intervention programs for improving quality of life, neuromechanical control and disease progression in Parkinson's disease. He earned a doctorate in biomechanics from the University of Florida in 2001. He holds a Master of Science in Exercise Physiology from the University of Florida and a Bachelor of Science in Biology from Furman University in Greenville, South Carolina.

Many Parkinson's patients are unaware that exercise has been shown to slow disease progression, which is why the St. Augustine Parkinson's Disease Support Group is proud to bring Dr. Hass to campus to speak about the topic.

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: Dr. Chris Hass, associate professor for University of Florida, Department of Applied Physiology and Kinesiology

When: 2 p.m., April 4, 2015

Where: University of St. Augustine for Health Sciences, Room 101, 1 University Blvd., St Augustine FL

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

Promotional Video: <https://youtu.be/leeALJoC7c>

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 (USA) 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.

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