

GROUP VISION EXERCISES

at Empower Parkinson's

MOVE • FOCUS • CONNECT

SUPPORTING EVERYDAY FUNCTION THROUGH VISION

Join us for a 45-minute group session of guided vision exercises from therapy designed to help individuals with Parkinson's enhance their visual skills and overall daily function.



HOW VISION EXERCISES CAN BENEFIT INDIVIDUALS WITH PARKINSON'S

These evidence-based exercises can help support:



IMPROVE EYE MOVEMENT CONTROL

Supports smoother, more accurate eye movements for better focus and visual tracking.



BETTER HAND-EYE COORDINATION

Helps with reaching, grasping, and other fine motor tasks.



ENHANCE BALANCE AND MOBILITY

Visual processing can improve spatial awareness and help with balance and movement.



SUPPORT COGNITIVE FUNCTION

Visual exercises can help with attention, processing speed, and multitasking.



INCREASE CONFIDENCE IN DAILY ACTIVITIES

Improved visual skills can make everyday tasks—like reading, driving, and navigating your environment—easier and safer.



SOCIAL AND SUPPORTIVE ENVIRONMENT

Connect with others in a welcoming group setting while working on skills that matter.



REDUCE VISUAL FATIGUE

Learn strategies to make visual tasks more comfortable and less tiring.

All Are Welcome!

This is a non diagnosis-specific group.
Vision exercises benefit *anyone* diagnosed with Parkinson's.



45-MINUTE GROUP SESSION

Guided vision exercises from therapy.



AT EMPOWER PARKINSON'S

A supportive and welcoming environment.



NO MEDICAL REFERRAL NECESSARY

Open to anyone with Parkinson's.

Thursday, November 19, 2026 at 12:15 PM

Led by Tiffany Tarbe, LDO, COTA/L



**Empower
Parkinson's**

See More Possibilities