



St. James Parish Government

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Timothy P. Roussel
Parish President

Michelle N. Octave
Chief Administrative Officer

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Dear Louisiana Councils on Aging Directors:

I am writing to recommend that local Council on Aging programs consider implementing the Movement Academy Exercise Program within your respective agencies. Movement Academy's exercise and wellness program benefits the seniors both physically and cognitively. Their expertise in neuroplasticity, coupled with their collaborative and innovative spirit helps to make the program a great success.

Since implementation, our agency has signed up over sixty new clients to participate in Movement Academy's exercise and wellness program. The sessions are held at our four senior centers once per week. The participants are experiencing improved fitness, balance, memory, and a greater confidence. Additionally, Movement Academy offers online videos and lesson plans for participating agencies. Having access to these materials allow staff to conduct additional sessions on days when Movement Academy trainers are not onsite.

I strongly recommend Movement Academy to enhance the Wellness Program at your agency. I am confident that they would take your Wellness Program to new heights.

If you have any further questions, please feel free to contact me.

Regards,

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