

PARKINSON'S SUPPORT GROUP & EXERCISE PROGRAM

For those with Parkinson's, their Families and Caregivers

WEDNESDAYS • 10 AM
PUBLIC INVITED!

Come yourself or come with your loved one!



The Parkinson's Exercise Program is free of charge each Wednesday in our Fitness Center while families and caregivers share coping tips during the Support Group in our Four Seasons Room.

- Certified Personal Trainer Bob DiFiglio leads movements based on boxing and cardio drumming plus a special technique to increase speech volume.
- The Parkinson's Exercise Program is a morale boost, building confidence that may help reduce not only injuries but risk of depression.
- This Program is uniquely tailored to improve flexibility, balance, agility, gait, posture, endurance, breathing and muscle building, all affected by Parkinson's.

Light refreshments will be served.

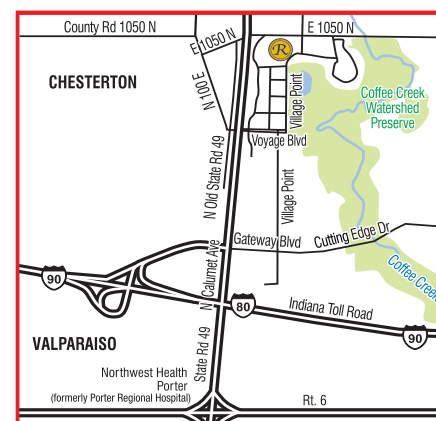
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