

# 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.*

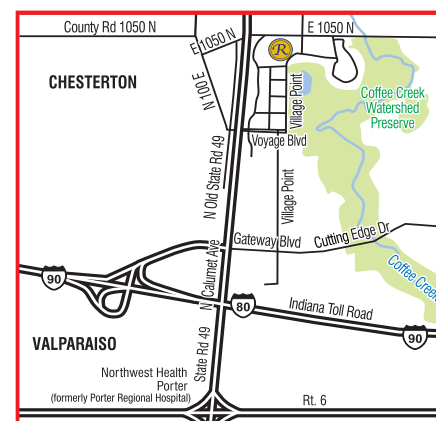
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