

Is Parkinson's Impacting your Life? Take Control by Optimizing Mobility!

Smithville Western is proud to offer **Delay the Disease**, a 12 week exercise program developed to optimize the physical functioning of people with Parkinson's disease (PD). Studies have proven that daily exercise helps to manage symptoms and delays the progression of PD. Our Licensed Therapists will guide you through your journey to take back control of your life.

This is a Free 12 Week Program and will be held at:

Smithville Western Commons
4138 Swanson Blvd.
Wooster, Ohio 44691

Each Thursday beginning February 23rd, 2017 from 2:00pm – 3:00pm

Feb. 23rd • March 2nd, 9th, 16th, 23rd, 30th • April 6th, 13th, 20th, 27th • May 4th, 11th

For more information or to RSVP, contact our receptionist at (330) 345-9050.



OHIOHEALTH

DELAY THE DISEASE™

THE #1 PARKINSON'S EXERCISE PROGRAM

Take control today and join in the fight against Parkinson's!

"Since starting this program I have noticed many positive changes. My strength and endurance have increased. I also notice a positive change in my sleep quality, which has been a long term issue for me. I have greatly decreased the number of "bad days" so I feel this program has and still is enhancing the quality of my life."

-Malinda Chupp

