

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

Amherst Manor is proud to offer **Delay the Disease**, a 12 week exercise program developed to optimize the physical functioning of people with Parkinson's Disease. Studies have proven that daily exercise helps to manage symptoms and delays the progression of the disease. 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:

Amherst Manor
175 N. Lake St.
Amherst, Ohio

Each Thursday beginning June 25th, 2015 from 10:00am – 11:00am

June 25th • July 2nd, 9th, 16th, 23rd, 30th • Aug. 6th, 13th, 20th, 27th • Sept. 3rd, 10th

**For more information or to RSVP, contact the Amherst Manor
Therapy Department at (440) 988-1825**

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



OHIOHEALTH

DELAY THE DISEASE™

THE #1 PARKINSON'S EXERCISE PROGRAM

"Thank you for your enthusiastic exercise hours. We're glad we took the program because it strengthened our muscles, our balance, and increased our ability to sit and stand straighter.

Besides, it was fun to feel progress, meet a neighbor, share the experience of others and meet you, our skilled staff!"

-Lou & Jim Deitz

