

Parkinson's wellness program provides HOPE.

Hillside Rehabilitation Hospital is now offering group exercise classes for people with Parkinson's. *Delay the Disease* is an evidenced-based fitness program designed to empower those living with Parkinson's by optimizing their physical function and helping to delay the progression of symptoms. Classes are held every Friday at Hillside and are limited to 20 participants.

This class is free. For more information or to register, call **330-841-3893**.



 Hillside
Rehabilitation Hospital
An Affiliate of ValleyCare Health System of Ohio

ValleyCareofOhio.net

Developed by David Zid, BA, ACE, APG, and Jackie Russell, RN BSN CNOR in Columbus, OH, this national wellness program is designed to retrain the mind and body. Participants report improvement in quality of life, regained ability to successfully manage the disease, and maintenance of independence. This program targets daily functional challenges and symptom-specific fitness agendas. Exercise plans are adapted to all levels of the disease, valuable to newly diagnosed and progressed states alike. David and Jackie see changes in all participants and boast "It's never too late to start exercise, and certainly never too early!" Visit www.delaythedisease.com for additional information, seminars, and educational courses.