

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

Heather Knoll 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 Free 12-Week Program Offers Complimentary Parking  
& Is Conveniently Located At:**

Heather Knoll Nursing & Rehabilitation  
1134 North Avenue  
Tallmadge, Ohio 44278

**Each Tuesday beginning March 7th, 2016 from 10:00am – 11:00am**  
March 7th, 14th, 21st, 28th • April 4th, 11th, 18th, 25th •  
May 2nd, 9th, 16th, 23rd

**\*EXERCISE GUIDANCE OFFERED TO SUPPORT ANY SKILL LEVEL\***  
*For more information or to RSVP,  
contact Renea Dutton at (330) 592-0811.*



OHIOHEALTH  
**DELAY THE DISEASE™**  
THE #1 PARKINSON'S EXERCISE PROGRAM

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

