

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 (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:

Amherst Manor Retirement Community

175 N. Lake St., Amherst, Ohio 44001

Each Thursday beginning August 4th, 2016 from 10:00am – 11:00am

Aug. 4th, 11th, 18th, 25th • Sept. 1st, 8th, 15th, 22nd, 29th • Oct. 6th, 13th, 20th

EXERCISE GUIDANCE OFFERED TO SUPPORT ANY SKILL LEVEL

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



OHIOHEALTH

DELAY THE DISEASE™

THE #1 PARKINSON'S EXERCISE PROGRAM

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

"The class has helped with my walking and flexibility. I enjoy being with others that have PD and we have the best leaders!"

-Gloria V.

