

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 August 16th, 2016 from 10:00am – 11:00am

Aug. 16th, 23rd, 30th • Sept. 6th, 13th, 20th, 27th • Oct. 4th, 11th, 18th, 25th • Nov. 1st

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!

"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

