

LIFE-CHANGING FITNESS

for Alzheimer's, Parkinson's & Adults 50+

Join the founders of Delay the Disease: the #1 group exercise program for Parkinson's, for a FREE online group exercise class that you can perform from the comfort of your home via Zoom!

Wednesday's at 12:00 PM

(Eastern Standard Time)

Reserve your spot today!

Click here to sign up.

FREE ONLINE CLASS
EVERY WEDNESDAY

WEEKLY ON-DEMAND WORKOUT SENT DIRECTLY TO YOUR EMAIL



Start today at TotalHealthWorks.com