

The Amalia Foundation

Learn simple exercises that can help make daily life easier and also improve balance and build strength for those with Parkinsons and Lewybodyes. .

Solon Senior Center, **Thursdays 12:30 pm**

35000 Portz Parkway Solon, OH 44139 440-349-6363

Registration not required.

UH Parma Medical Center's Health Education Center **Wednesday at 12:30 pm**

7300 State Road Parma, Ohio 44134 440.743.4932

Registration not required

Partner Class: Summa Rehab Hospital, **Thursdays 11:30am**

29 N Adams St Akron, OH 44304 330-572-7285

Registration required.

NEW Mentor Senior Center **Wednesdays at 3:00 pm.**

8484 Munson Road, Mentor 44060 (440) 974-5725

May 4 – Jun 22, Jul 6- Aug 24 Wednesday 3 – 3:45 p.m.

Resident/Nonresident: Free; Registration Required!

Visit theamaliafoundation.org for additional information or contact Kathie Stull
info@theamaliafoundation.org 440 376-6376

