

Parkinson's Exercise

Fitness class designed to empower those with Parkinson's disease by optimizing physical function and fight progression of symptoms.

Participate at your own level!

Free of Charge!

Made possible by the Amalia Foundation

theamaliafoundation.org

May 4—June 22 Wednesday 3:00 - 3:45p

July 6 –Aug. 24 Wednesday 3:00 –3:45p

To register in person, please see front desk at

The Mentor Senior Center

8484 Munson Rd, Mentor, OH 44060

Or call (440) 974-5725

