



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARKINSON'S GROUP EXERCISE PROGRAM

CARDIO • AGILITY • BALANCE • STRENGTH • STRETCH

Join this 6 week group exercise program for people with Parkinson's Disease. Exercise is an important ingredient to living well with PD. We will cover all the bases to help improve: range of motion, trunk rotation, gait, balance, and more, with a fun loving group in a supportive environment.



You know it's important to *KEEP MOVING!*

So sign up today and let's get started.

Wednesdays
Sept. 4 to Oct. 9
3:00-4:00pm

in the conference room

No Cost for Y Members

Non-Members \$20
for the complete series

***Preregistration is required**

Caregivers are welcome to attend

at no additional cost -

must sign in at the Welcome Desk

Jo Rene Woodworth will be the lead instructor & Diana LaTorre will be assisting and subbing.

JoRene has been teaching exercise for 40 years and recently completed the Parkinson WISE training certification.

JoRene holds multiple nationally accredited fitness certifications.

Diana is certified in yoga and has recently started to study other forms of exercise focusing on populations with special needs.

For more Information contact Rachel Marcus,
Health & Wellness Director 545-9622 ext 3122
rmarcus@scfymca.org