

LIVING BETTER



PARKINSON'S POWER

For a better us.®

Parkinson's Power is a group exercise class, specifically for those living with Parkinson's disease, and their care givers. This is an upbeat class, with great music, designed to get the body moving, while focusing on balance, strength & flexibility. Participants will be doing both chair and standing exercises – modifications are offered, so all abilities are welcome!

We are fortunate to be able to partner with 2 physical therapists in our Community, leading this class: Heather McCarthy, PT & Elizabeth Ironside, PT

Start Date: September 20

Day: Wednesdays

Time: 12-12:50pm

Location: Wisconsin Rapids Facility, Studio A

Fee: Free for Members / Non-Members may purchase a day pass, to attend class

Register at the front desk, or online: swcymca.org

**For more information, contact Sarah Wheeler, Community Health Worker:
wheeler@swcymca.org**

**Nearly 1 MILLION people in the
United States are living with
Parkinson's disease**