



# PWR! MOVES

## Exercise Class for Parkinson's

**February 23 – April 30**  
**10 Week Session**

**MONDAYS &  
WEDNESDAYS**  
**11:30AM-12:15PM**

**YMCA Members: \$40**  
**Non Members: \$70**

Do you or someone you love have Parkinson's? Has there been difficulty sustaining a regular exercise program? This exercise program taught by a certified PWR!Moves Instructor is for independently mobile people with Parkinson's disease and if not independently mobile a caregiver must assist. PWR! Moves is designed to improve functional mobility, and slow the disease progression.

### **PARTICIPANTS WILL:**

- Enjoy a community of people with Parkinson's
- Improve walking speed and confidence
- Improve balance and posture
- Learn an exercise program specific to these conditions
- Have fun!

For more information about the PWR!MOVES contact Lori at [LRogers@unioncountyyymca.org](mailto:LRogers@unioncountyyymca.org).

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