



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Parkinson's Program at the Y

Exercise is an important part of healthy living for everyone, but for people with Parkinson's disease, exercise is vital to maintaining balance, mobility, and activities of daily living. We are committed to delaying the progression of Parkinson's disease for all. This program will provide a continuum of care for people with Parkinson's.

Benefits of the program

- **Increase Balance**
- **Increase Stability**
- **Improve Mobility**
- **Increase Muscle Strength**

Classes are (Monday and Wednesday)

Time: 11:00am- 12:00pm

Instructor: April Humphrey

For more information call 662-335-7258 or go to ymcahcm.org

While exercise cannot reverse the symptoms, it can help participants be able to move more normally in a day-to-day life, according to the Parkinson's Disease Foundation.

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