

LET'S TALK ABOUT

PARKINSON'S DISEASE

PARKINSON'S BODY AND MIND IS A SCIENCE BASED EXERCISE AND WELLNESS PROGRAM THAT IS PROGRESSIVE, SAFE, AND DESIGNED TO MEET THE NEEDS OF PEOPLE WITH PARKINSON'S DISEASE (PD). THE GOAL OF THE PROGRAM IS TO SLOW THE PROGRESSION OF PD AND IMPROVE MOBILITY, BALANCE, STRENGTH, AND OVERALL QUALITY OF LIFE THROUGH EXERCISE AND COMMUNITY.

for more information :
info@parkinsonsbodyandmind.org

CENTER FOR ADULTS LIVING WELL @ THE Y
54 NAGLE AVENUE
NEW YORK, NEW YORK 10040

PLEASE JOIN US FOR OUR OPEN HOUSE ON:
SEPTEMBER 13TH
FROM 11:30-2:30 PM

TRY ONE OF THE DEMO CLASSES & AND LEARN MORE ABOUT THIS INCREDIBLE PROGRAM!



PARKINSON'S
BODY AND MIND

