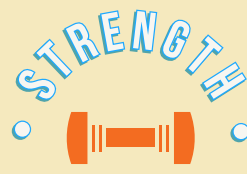




TAKE AT LEAST ONE CLASS
EACH WEEK
IN EACH CATEGORY

IMPROVE YOUR MOTOR &
NON-MOTOR SYMPTOMS



Better Every Day™ (BED)

This class helps me improve performance with daily tasks, build strength, confidence & maintain independence



Boxing

This class helps me improve movement, balance, strength & mental focus



Spinning

This class helps me improve stability, lower body power, balance, mobility, endurance & mental focus



Tai Chi

This class helps me improve balance & limit falls



Yes, I Can Move!™ (YICM)

This class helps me increase my range of motion, stretch & strengthen muscles, improve my balance & coordination & stimulate cognitive function



Mindful Movement

This class helps me improve daily life skills



Art Workshop

This class helps me improve fine motor skills & creativity



Drumming Circle

This class helps me improve my coordination, cognition & reduce stress



Song In My Heart

This class helps me increase my speaking volume, sharpen word articulation, improve my posture & circulation & strengthen my diaphragm

