



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MASSACHUSETTS CHAPTER

Strength in optimism. Hope in progress.

Community Wellness Programs for people with **PARKINSON'S DISEASE**

Wednesdays & Fridays

12 - 1:30 pm

Jan. 25 - Mar. 3

Franklin County's YMCA

Have you had difficulty beginning or sustaining a regular exercise program?

Would you like to improve your fitness to better fight your PD symptoms and delay the disease progression?

Would you like to improve your strength, flexibility, posture, balance and mobility?

Join our small group, evidence based exercise program!

Under the guidance of a licensed physical therapist participants will learn:

- An exercise program specifically designed to meet the needs of persons with Parkinson's disease
- Problem-solving approaches that can help you more effectively manage challenges you may experience related to daily mobility
- Strategies to help manage your health more effectively to optimize day-to-day function and quality of life



\$239 for Y Members
\$249 for Non Members

Scholarships are available and will be considered individually

Please contact Debra R. Ellis, MS PT, NCS at 413-695-6069 or deb@debellispt.com if you are interested in participating. For more information about this program please go to www.debellisphysicaltherapy.com

This program is supported in part by the American Parkinson Disease Association Massachusetts Chapter

FRANKLIN COUNTY'S Y | 451 Main Street | Greenfield, MA 01301 | 413 773 3646 | www.your-y.org