

Rock Climbing With Parkinson's Disease!



Where: Vertical View

1334 E Bird Dog Dr, Meridian, ID

When: Every Saturday 9-10:30 am

(Begins August 2nd)

Cost: \$15 per session

Questions: Contact Kelly Sheridan

ksheridan929@gmail.com

Safe, low impact,
and scientifically
proven to decrease
motor symptoms!

Instruction provided by a
certified personal trainer and
climbing wall instructor with
4+ years of experience
teaching climbing to
individuals of all ages and
abilities!



CLIMBING • YOGA • FITNESS

