

Parkinson Community Wellness of the Berkshires presents a

Community Wellness Program

for people with

Parkinson's Disease

Supported by the Massachusetts Chapter of the
American Parkinson Disease Association (APDA)
apdama.org

apda AMERICAN
PARKINSON DISEASE
ASSOCIATION
MASSACHUSETTS CHAPTER
Strength in optimism. Hope in progress.



- Tuesdays & Fridays
- 12:00 - 1:00 pm
- March 18 - April 25
- Soules Sports & Fitness
925 Pleasant St.
Lee, MA 01238



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

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

Under the guidance of a licensed physical therapist and a certified trainer, participants will learn:

- An exercise program specifically designed to meet the needs of people with PD
- Problem-solving approaches that can help you more effectively manage challenges you may experience related to daily mobility
- Strategies that may help you optimize day to day function and quality of life

If you are interested and would like to find out more, please contact Tricia Wyatt, PT at (413) 822-9456 or tricia@mobilivespt.com to see if this small group exercise class is right for you!

MobiLives PT
In-Home Outpatient Physical Therapy