



# MEASURABLE PROGRESS UNLIMITED SUPPORT

## PARKINSON'S YOGA



**Join us Thursdays 12:30pm–1:30pm in the Exergames Room  
FREE for members**

Findings suggest that yoga practice improves motor function which may be partially explained by improvements in balance, strength, posture and gait. Due to the progressive nature of PD yoga may offer a way to maintain wellness and perhaps quality of life.

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