



GORDON
COLLEGE
CENTER FOR BALANCE, MOBILITY AND WELLNESS



Learn How To Optimize Your Mobility Through Exercise.....And Why It's Important

Parkinson's Wellness Group

Reserve Your Spot By March 1st – Call (978) 867-4095

Having difficulty beginning or maintaining your regular exercise and mobility plan?

Partnered with a **licensed** Physical Therapist, participants will learn:

- ❖ Movements specifically designed to enhance your quality of life
 - Increase flexibility
 - Improve posture
 - Improve walking & general function
- ❖ Strategies to problem solve your challenges related to daily mobility and motivation



DATE: March 16th – May 1st

WHEN: Mondays & Fridays

TIME: 11:30am – 12:30pm

COST: \$190

(+\$25 for Optional Exercise Booklet!)

Gordon College Center For Balance, Mobility, & Wellness
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