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

**Parkinson’s Wellness Group**

Reserve Your Spot By March 1\textsuperscript{st} – 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

Gordon College Center For Balance, Mobility, & Wellness
26R Hull Street, Wenham 01984

**DATE:** March 16\textsuperscript{th} – May 1\textsuperscript{st}

**WHEN:** Mondays & Fridays

**TIME:** 11:30am – 12:30pm

**COST:** $190

(+$25 for Optional Exercise Booklet!)