

PEDAL YOUR WAY TO HEALTH

Pedaling for Parkinson's™

The YMCA in Greenfield is excited to bring this life-changing program to our community!

Pedaling a bicycle may change the life of someone with Parkinson's disease. Research has shown that improved motor function can occur by pedaling at a cadence of between 70-80 RPM.



Monday and Wednesdays

10:30 am | FREE TO PARTICIPANTS!!

Intake appointment required.

Call Jayne at 773-3646 x448.



**This one-hour class
will help you obtain
your health!**



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

This program is supported in part by the American Parkinson Disease Association Massachusetts Chapter