



**AMERICAN
PARKINSON DISEASE
ASSOCIATION**
Strength in optimism. Hope in progress.



Tai Chi for Parkinson's

Exercise is an important part of healthy living for everyone. For people with Parkinson's, exercise is more than health; it is vital component to maintaining balance, mobility and for daily living.

To learn more about the benefits of exercise and to join a class.

Refreshments provided.

RSVP the day before the class

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Tuesdays at 10:30am | Thursdays at 1:30pm

Independent, Assisted & Memory Care Living



THE
RESIDENCE
at Brookside

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