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 a vital component to maintaining balance, mobility and for daily living.

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

Refresments provided.

RSVP the day before the class
Heather Pierce, 860-284-5000 hpierce@residencebrookside.com

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

Independent, Assisted & Memory Care Living

117 Simsbury Road, Avon, CT
860-284-5000
www.residencebrookside.com