



GORDON
CENTER FOR BALANCE, MOBILITY
AND WELLNESS

Do you (or someone you love) have
PARKINSON'S DISEASE?

WE CAN HELP THROUGH OUR...

PARKINSON'S WELLNESS GROUP!

- **Increase flexibility**
- **Improve posture**
- **Gain faster movement**
- **Improve walking**
- **Improve function**
- **Enhance quality of life**



All attendees will receive guidance from licensed and experienced Physical and Speech Therapists to optimize mobility through exercise and group discussion.

WHO: Individuals with Parkinson's Disease

WHERE: Gordon College Center for Balance

26R Hull Street, Wenham

WHEN: Mondays and Thursdays 10:00 – 11:30

March 19 – April 30

COST: \$249* +\$25 for exercise booklet

**Call 978-867-4095
by March 1st to enroll**

**Scholarships are available on a limited basis from the Massachusetts Chapter of the American Parkinson Disease Association*