

OHIOHEALTH

DELAY THE DISEASE™

DELAY THE DISEASE™ is a fitness class for those who have been diagnosed with Parkinson's Disease. Participants take control of their symptoms through proven exercises lead by trained instructors and group support.

What happens in class?

- Flexibility, Coordination, Balance, Cardiorespiratory Training, and Strength Training

CHANGES PARTICIPANTS HAVE NOTICED:

- Improved posture and strength
- Improved balance and walking ability
- Help preventing falls and restoring general functional ability



REGISTRATION REQUIRED

To register or for more information please contact Erin Spear, Program Manager at (828) 520-1379 or Erins@ymcaavery.org