

Is Parkinson's Impacting Your Life?

TAKE CONTROL BY OPTIMIZING MOBILITY with **TOTAL PARKINSON'S**

A Parkinson's Fitness & Wellness Program

Sprengr Health Care now offers group exercise classes for People with Parkinson's. David Zid, BA, ACE, APG and Jackie Russell, RN, BSN, CNOR, have developed a new and improved, life-changing fitness and wellness program aimed at empowering people with PD to live better and experience new levels of hope throughout their daily life. The Total Parkinson's program focuses on symptom-specific exercises and tasks that target both physical and cognitive function and help to optimize and restore independence.

Participants report significant improvements in Quality of Life and functional independence. Exercise plans are adapted to all levels of function. Our licensed therapists will guide you through your journey to take back control of your life.

**Join Heather Knoll for a 12-week exercise course
every Wednesday at 2 pm!**

Location: Riverfront Family YMCA

544 Broad Blvd., Cuyahoga Falls, OH 44221

For more information
or to RSVP please contact
Moria at (330) 592-0811

**Please call prior to
attending first class**



Jackie Russell

David Zid

