

## Wayne County Parkinson's Network Class Schedule

	Monday	Tuesday	Wednesday	Wednesday	Thursday	Friday	Friday	Friday
Time	1 PM – 2 PM	1 – 2 PM	12 PM – 12:45PM	10 AM – 1 PM	2 PM – 3 PM	11:30 AM - 12:10 PM	12:15 – 12:55 PM	1 - 1:35 PM
What	Exercise w/ Therapy staff	Exercise	Exercise	Social gathering w activities	Exercise w/ Therapy staff	Low cardio exercise Tai Chi & Strength Exercises w/ Yes2Next fitness trainer April Hattori	Cardio exercise movement to music sitting and standing movements	Support Group with lite lunch or snacks -social gathering
Address	West View Healthy Living at 1715 Mechanicsburg Rd. Wooster, OH 44691 in Therapy Dept.	HealthPoint at 3727 Friendsville Rd. Wooster, OH 44691	HealthPoint at 3727 Friendsville Rd. Wooster, OH 44691	First Presbyterian Church at 621 College Ave. Wooster, OH 44691	West View Healthy Living at 1715 Mechanicsburg Rd. Wooster, OH 44691 in Therapy Dept.	First Presbyterian Church at 621 College Ave. Wooster, OH 44691	First Presbyterian Church at 621 College Ave. Wooster, OH 44691	First Presbyterian Church at 621 College Ave. Wooster, OH 44691
Details	Delay the Disease Class	Parkinson's Plus exercise class	Parkinson's Plus exercise class	Memory Cafe activities for those with impaired memory or cognition /dementia	exercise	W.I.S.H.®	W.I.S.H.®	W.I.S.H.®
Weekly / Monthly	Weekly	Weekly	Weekly	Weekly	Weekly	1 <sup>st</sup> & 2 <sup>nd</sup> Fridays of the month	1 <sup>st</sup> & 2 <sup>nd</sup> Fridays of the month	1 <sup>st</sup> & 2 <sup>nd</sup> Fridays of the month
Costs	Zero	Call for costs	Call for costs	Zero	Zero	Zero	Zero	Donations welcomed

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Contact	Tyler Uhler in Therapy	Breanne Kern	Breanne Kern	Carol Klingler	Tyler Uhler in Therapy	Phyllis Jadosh WCPN Facilitator & M. Ed.	Phyllis Jadosh WCPN Facilitator & M. Ed.
Phone	330.264.8790	330.202.3133 bkern@wchosp.org	330.202.3133 bkern@wchosp.org	330.264.9420 info@dfllife.org	330.264.8790	330.845.0948 pdfacilitatorwayne@gmail.com	330.845.0948 pdfacilitatorwayne@gmail.com
Type of Class	exercise focused on balance and overall fitness		advanced exercise class focused on balance and overall fitness	Open to those individuals and care partners managing dementia	exercise focused on balance and overall fitness	low impact controlled exercise focused on balance and strength of core	higher impact exercise focused on dance with music and balance as well as overall fitness

As we learn about other classes offered for those with PARKINSON'S in Wayne County we advise the group members.

This year's **annual Celebrate Parkinson's Awareness Month for the Wayne County Group will be held on Friday, April 24, 2026 from Noon to 4 PM** at the Western Reserve Insurance Group Conference Center at 2865 Benden Dr, Wooster, OH 44691. Lunch will be provided again by Local Roots Cafe from Wooster. The keynote speaker will be Dr. Sethu Reddy, MD endocrinologist, and other speakers are Kent State University SPEAK OUT Program, and Ashley Gollihue from N.E. Ohio Care Patrol, and possibly a local nutritionist and music therapist from the College of Wooster. **R.S.V.P. Will be required for the annual event and lunch on 4/24/26. You can call Phyllis at 330.845.0948 or email to pdfacilitatorwayne@gmail.com**