

YOUNGSTOWN STATE UNIVERSITY



Bitonte College
of Health &
Human Services

ACTIVE AGING

Wellness Events

Classes at

YSU Beeghly Center

Room 119, Parking P81 lot
Mondays and Wednesdays

Jan 5-April 22, 2026

Parkinson's Exercise Class 10-11am
Fall Prevention Exercise Class 11am-12pm

Classes at

First Presbyterian Church

201 Wick Ave. Youngstown, OH 44503
Tuesdays and Thursdays

Feb 3-April 23, 2026

Parkinson's Exercise Class 1:30-2:30pm
Fall Prevention Exercise Class 2:30-3:30pm

To register please contact:

ActiveAging@ysu.edu

330.946.3201

