

# New Friday Parkinson's Class Starts in February 2026. Join us on the 1<sup>st</sup> & 2<sup>nd</sup> Fridays of the month for W.I.S.H.©

**W**ellness focused

**I**ntegrative fitness of mind and body

**S**upport building through a sense of community

**H**olistic approach of movement to interconnect physical, mental and your emotional health

*"You can attend **all three or any** of the timed sessions."*

**11:30 AM to 1:30 PM**

*This class offers three focused integrative fitness sessions back-to-back and is a combination of cardio, music & dance and strength training using some videos created by Fitness Trainer, April Hattori from Yes2Next. R.S.V.P. if possible if attending the lunch part.*



**Session I - Light Movement -Starts at 11:30 AM to 12:10 PM** Enjoy 40 minutes of warm up, light movement to music, dance, low cardio & Tai Chi strength exercises focused on balance!

**Session II - Intermediate Movement -Starts at 12:15 PM to 12:55 PM** Participate in 40 minutes of intermediate cardio and strength & balance exercises with music and dance; then complete a wind down.



**Session III - Starts at 1:00 PM to 1:30 PM** We'll gather for 30 minutes for Group Support, Education, and fellowship as we enjoy snacks or a lite lunch that will be provided . Topics of interest to the group will be discussed in more detail at this session to better understand PD.



**Join us at First Presbyterian Church at 621 College Street in Wooster. Class is for those with a diagnosis of Parkinson's as well as other related neurological disorders.**

**Contact: 330.845.0948 or [pdfacilitatorwayne@gmail.com](mailto:pdfacilitatorwayne@gmail.com)**