



FREE TO COMMUNITY

# PARKINSON'S EXERCISE CLASS

Presented by the YMCA of Central Stark County

**MONDAYS 1:00 PM**

**LAKE YMCA**  
428 King Church Ave  
Uniontown, 44685

**TUESDAYS 1:00PM**

**MEYERS LAKE YMCA**  
1333 North Park Ave  
Canton, 44708

**THURSDAYS 10:45 AM**

**SCHALMO YMCA**  
976 Canal St. S  
Canal Fulton, 44614

**Mondays 1:00 PM**

**Paul & Carol David  
YMCA**  
7389 Caritas Circle NW,  
Massillon, OH 44646

**WEDNESDAYS 1:00 PM**

**NORTH CANTON YMCA**  
200 S. Main St  
North Canton, 44720

**FRIDAYS 1:00 PM**

**LAKE YMCA**  
428 King Church Ave  
Uniontown, 44685

**Do you or someone  
you love have  
Parkinson's or MS?  
Has there been  
difficulty  
sustaining a  
regular exercise  
program?**

**WEDNESDAYS 1:00 PM**

**ERIC SNOW YMCA**  
420 3rd St. NW, Canton  
OH 44702

This exercise program has been shown to improve functional mobility, and slow the disease progression.

## **PARTICIPANTS WILL**

- Enjoy a community of people with Parkinson's and MS
- Improve walking speed and confidence
- Improve balance and posture
- Learn an exercise program specific to these conditions
- Have fun!