

Parkinson's Exercise Program



Ideal for those individuals diagnosed with Parkinson's or other neuro-cognitive disorders, this 8-week small group program, led by a MedFit Parkinson's Disease Fitness Specialist, will improve strength, balance, posture, and quality of life through exercise.

Previous participants have seen improvement in strength, flexibility, and daily movement, as well as increased confidence.

This program includes:

- Pre- and post-assessments
- Two 60-minute group sessions per week for 8 weeks
- Individualized exercise programs
- BONUS 45-minute weekly maintenance class

Fee | \$249

For more information or to apply: Contact Mike Smeltzer, Summa Health Wellness Center Fitness Manager, at 330.655.8040 or smeltzerm@summahealth.org.