



# MOVE with ME<sup>®</sup> Movement Class

The **Wayne County Parkinson's Network** offers this new class to the Parkinson's (PD) community and to those individuals also diagnosed with other neurological disorders.

The **Move with Me<sup>®</sup>** class is offered on the **1st and 2nd Fridays** of each month from **11:00 am to 12:15 pm** at **First Presbyterian Church at 621 College Ave. Wooster** in their **Memory Café room**.

*(Across from Discount Drug Mart)*

**This FREE class** is developed to **encourage movement** while we have fun with music. Learn various dance moves and other upper and lower body movements to obtain better physical health supporting stability and mobility.

Our **support group** will meet immediately after the 1st Friday movement class from 12:30 pm to 1:15 pm.



Contact Phyl at  
330.845-0948

or email to  
[pwhite19@kent.edu](mailto:pwhite19@kent.edu)

