



**YOUNGSTOWN  
STATE  
UNIVERSITY**

## **Parkinson's Disease Exercise Class**

*hosted by the Bitonte College of Health and Human Services*

**When:** Mondays and Thursdays from 10:00 - 11:00am  
January 19th - April 27th 2023

**Where:** Beeghly Center Room 308

**Cost:** FREE

Research shows that regular exercise is effective in improving symptoms of Parkinson's Disease

The students of the Exercise Science and Physical Therapy departments will lead an evidence-based class with the supervision of faculty. Exercises will include aerobic activity, strength training, balance activities, and stretching.

The class is appropriate for all experience and ability levels

Parking at Beeghly Center (Lot M81) is free for participants in the Parkinson's Exercise Program

*For more information or to register for the class contact:*

**Annie Tapp PT, DPT**

**Assistant Professor of Physical Therapy**

**ABPTS Board Certified Neurologic Physical Therapy Specialist**

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