

The Wayne County Parkinson's Network will offer a new class to the Parkinson's (PD) community.

- Starting in April, **Move with Me**® will be offered on the 1st and 2nd Fridays of the month.
- Hours for the class are 11:00 am to 12:00 pm at First Presbyterian Church.
- The classes and support group meetings are located in the church's Memory Café at 621 College Ave. in Wooster. (Across from Discount Drug Mart).
- There will be a brief break at 12-12:30 following the Move with Me® class, then the group is invited to stay for **our Support Group meeting from 12:30-1:15** (also on the 1st & 2nd Fridays of the month at First Presbyterian).
- Care partners are welcomed to attend all sessions and / or gather in the church's library for conversation and fellowship between the hours of 11:00 am and 1:15 pm on the 1st & 2nd Fridays.
- On the 3rd Friday of the month the group also meets at **Buehler's Towne Market** at 336 N Market St STE A, Wooster, OH 44691 for **lunch and conversation** at noon. R.S.V.P. is required for the lunch!
- Contact Phyl at 330.410.6364 or pwhite19@kent.edu

3/14/23

Kathie,

The older information on the website can be removed and updated with this information!

The **Move with Me**® classes will start in April and additional movement/dance classes may be offered at varied times if we have an instructor for the evenings as well. To be determined.

Currently this is the structure in Wayne County for those organizations offering exercise options. Actually there is something every day of the week except Tuesdays. I am not sure of how often Health Point offers there two versions of exercise. See the attached grid.

Phyllis