

MOVE with ME[®]



**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