

Is Parkinson's Impacting Your Life?

# **TAKE CONTROL** **BY OPTIMIZING MOBILITY** **with TOTAL PARKINSON'S**

The Total Parkinson's fitness & wellness program utilizes symptom-specific exercises that target both physical and cognitive function and help to optimize and restore independence.

**Join Sprenger Rose Lane for a 12-week  
exercise course every  
Wednesday from 1:00-2:00  
Starting November 1st!**

5425 High Mill Ave. N.W., Massillon, OH 44646

For more information  
or to RSVP  
please contact therapy  
at 330-837-6270

Please call prior to  
attending first class



Jackie Russell

David Zid

 SPRENGER

**TOTAL**  
**HEALTHWORKS**