

# Parkinson's Programs

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## Parkinson's H<sub>2</sub>O (Multi-level)

Ascension Genesys Health Club's Parkinson's water class focuses on improving strength, balance, coordination and flexibility through water based exercise and movement. Join Cathy Novick, BA, MA, USWFA, to experience all that Parkinson's H<sub>2</sub>O has to offer you. Space is limited, sign up today!

**When:** Every Wednesday

**Time:** 10:00 - 11:00 a.m.

**Location:** Therapy Pool at Ascension Genesys Health Club

**Cost:**

- Active Members: Free
- Frozen Members/Non-Members: \$5 per class cash ONLY, exact change appreciated

**For new participant assessment:** Contact Angee Ludwa, MPT at 248-760-2019 or [aludwa@comcast.net](mailto:aludwa@comcast.net)

**For more information:** Contact Programs Manager Jackie Colpean at 810-606-7518 or via email at [Jackie.Colpean@Ascension-external.org](mailto:Jackie.Colpean@Ascension-external.org)

**Please be advised of the following:**

- Social distancing is required
- Open to members and non-members
- 10 participant - class limit per state guidelines
- Participant masks required at all times while in the club, except in the pool
- Bring your own water