

EDUCATION *for people with* PARKINSON'S DISEASE

*Ascension Genesys Health Club Parkinson's programming is supported
by a community grant from the Parkinson's Foundation.*



— Learning In Motion Series —

Join us, at Ascension Genesys Health Club for a series of "specialty classes" that will focus on a variety of topics that many people with Parkinson's Disease are interested in learning more about — to help them stay as active and healthy as possible!

Finding Your Balance: Thursday, September 8th | 10:00—11:30 AM

Learn more about balance for people with Parkinson's and participate in specific exercises that will help you focus on improving your balance.

Overcome Freezing: Thursday, October 6th | 10:00—11:30 AM

Learn more about why people with Parkinson's freeze and participate in specific exercises that focus on ways to help freezing of gait.

The Art of Multi-tasking: Thursday, November 10th | 10:00—11:30 AM

Learn the importance of multi-tasking for people with Parkinson's and participate in specific exercises that will help you practice this valuable skill.

Aerobic Conditioning: Thursday, December 8th | 10:00—11:30 AM

Learn more about heart rate monitoring for people with Parkinson's; as well the importance of getting your heart rate up and participate in higher intensity exercises that will get you sweating.

Classes are complimentary, but space is limited!

To register or for more information contact Angee Ludwa at (248) 760-2019.



**Ascension
Genesys**
HEALTH CLUB

#IN THIS TOGETHER
PARKINSON'S
exercise programs