

# PURPOSEFUL MOVEMENT & WELLNESS PROGRAM FOR THOSE WITH PD



If you have PD, you know you should be exercising. Join us for a class specifically geared towards the challenges of Parkinson's disease. Plus, it's FUN! Activities are designed and supervised by Physical Therapists and Gannon University students will be available to assist and to provide added safety. Class size is limited, so sign up today!

This session runs Tuesdays, Sept. 17<sup>th</sup>-Nov. 19<sup>th</sup> (off 10/8 for Gannon Fall Break and 11/5 for Election Day) from 2:30-4:00 PM at the Salvation Army Senior Center, 1022 Liberty Street. Cost is \$80. Call 814-899-3030 for more information or an application. Applications can also be downloaded from our website: [www.parkinsonpartners.org](http://www.parkinsonpartners.org)



**Covid Policy:** "It is important that you understand the inherent risk of exposure to COVID-19 exists in any public place where people are present. According to the Centers for Disease Control and Prevention, senior citizens and those with underlying medical conditions are especially vulnerable. All attendees of Parkinson Partners of NW PA's in-person events and classes must agree to adhere to our guidelines and the guidelines of our community partners and voluntarily assume all risks related to exposure to COVID-19. We also encourage you to stay home if you are feeling unwell or if you have been exposed to Covid-19, the flu or any other virus."