

## NEW PATHWAYS FOR PARKINSON'S EXERCISE CLASS

### *When...*

Every Monday and Wednesday from 10:00 am to 11:00 am.

### *Where...*

Genesis Village at Northrise, Hallmark Building, second floor activities room.

### *Why...*

Research has shown that regular exercise has been proven to be the only thing that can slow the progression of Parkinson's. Classes are tailored to the specific needs of people with Parkinson's, and focus on the areas of gait, balance, strength, flexibility/mobility, breathing, and cognitive improvement. This class is designed to build new neural pathways and synapses.

### *Who...*

Carol A. Witham is a Medical Exercise Specialist, Brain Health and Senior Fitness Coach and personal trainer who has 20 years of experience leading exercise classes for people with Parkinson's. Her certifications are through the American Council on Exercise.

Classes are free of charge, and you may join at any time.

Contact Carol for more information at [withamcarola@gmail.com](mailto:withamcarola@gmail.com)

