



FALL PROGRAM 2024

PWR! MOVES with Helen



Mondays and Wednesdays

11:00am - 12 Noon

8 week program - twice a week

Maximum capacity - 8 participants

Central Arena, 85 Paterson Street, Collingwood

Dates:

October 21st, 23rd, 28th, 30th

November 4th, 6th, 11th, 13th, 18th, 20th, 25th, 27th

December 2nd, 4th, 9th, 11th

PWR! Moves exercises are designed to improve your fitness, counteract your PD symptoms and increase your daily activity. This whole body, function-focused exercise class will push you to do more than you think you can in a fun, empowering and enriched environment.

Criteria for Acceptance

Can get up and down off the floor without using a chair or an aiding person

Less than 2 falls in the past 6 months

No dizziness when transitioning from lying down to standing or sitting

Register by email to: info@livingbetterwithparkinsons.ca

Fee: \$80.00 for two days a week for 8 weeks; please pay by e-transfer or cheque

Thank you.