

WASAGA BEACH
Wasaga Stars Arena, 544 River Road W.

POSTURAL TRAINING

Instructor: Tracey

Location: Stars Arena, Remax Rm S, Main Floor

Fee: \$40 or \$5.00 per drop-in class

Program Duration: 11 weeks

Start date: Mon Jan 5th

End date: Mon Mar 30th

Time: 10:30am – 11:30am

MINDFULNESS MEDITATION

Instructor: Lotus Sound

Location: Stars Arena, Remax Rm S, Main Floor

Program Duration: 8 weeks

Start date: Thurs Jan 8th

End date: Tues Feb 26th

Time: 1:00pm – 2:30pm

REGISTRATION

The minimum number of participants for all programs is 4.

Program fees can be e-transferred to
info@livingbetterwithparkinsons.ca

For more information please contact:
705-607-6933 or
sarah@livingbetterwithparkinsons.ca

Like and share our Living Better with Parkinson's Facebook and Instagram pages.



MONTHLY SUPPORT GROUP MEETINGS

SPOUSAL SUPPORT GROUP MEETINGS

LET'S TALK

First Thursday of every month

9:30am – 10:30am; Collingwood Library,
2nd Floor, Murray Clerkson Room

Dates are as follows:

2025 - Nov 6, Dec 4

2026 - Jan 8, Feb 5, Mar 5, Apr 2, May 7, Jun 4,
Sept 3, Oct 1, Nov 5, Dec 3

SUPPORT GROUP MEETINGS

LET'S TALK

Second Tuesday of every month

1:30pm – 3:00pm; Central Park Arena,
2nd Floor, Large Room

Dates are as follows:

2025 - Nov 11, Dec 9

2026 - Jan 13, Feb 10, Mar 10, Apr 14, May 12,
Jun 9, Sept 8, Oct 13, Nov 10, Dec 8

SPECIAL GUEST SPEAKER

LET'S LEARN

Announcements will be shared well in advance and all are welcomed to join!! A Zoom link will be provided prior to the meeting.



If you are living with or supporting anyone with a neurological or cognitive impairment, we are here to support YOU!!



PROGRAM SCHEDULE
FALL 2025 and WINTER 2026

Living Better with Parkinson's mission is to improve the quality of life for those living with Parkinson's Disease.

We do this by providing monthly support group meetings; weekly fitness programs, educational opportunities and advocacy to residents in the South Georgian Bay region.

Regular daily exercise helps manage Parkinson's Disease symptoms, enabling people with Parkinson's Disease to enhance their quality of life.

Motion is lotion, together we're better!

PROGRAM SCHEDULE FALL 2025

Central Park Arena

85 Paterson Street, Collingwood

DANCING WITH PARKINSON'S

Instructor: Louise

Location: Central Park Arena, Small Rm, 2nd Floor Fee:

\$60 or \$5.00 per drop-in class

Program Duration: 11 weeks

Start Date: Tues Sept 16th & Thurs Sept 18th End

Date: Tues Nov 25th & Thurs Nov 27th Time:

10:30am – 12:00pm

PWR MOVES

Instructor: Helen

Location: Central Park Arena, Big Rm, 2nd Floor Fee:

\$50 or \$5.00 per drop-in class

Program Duration: 12 weeks

Start date: Mon Sept 8th & Wed Sept 10th End

date: Mon Nov 24th & Wed Nov 26th Time:

11:00am – 12:00pm

SITTING / STANDING YOGA

Instructor: Catherine

Location: Central Park Arena, Small Rm, 2nd Floor

Program Duration: 13 weeks

Start date: Thur Sept 18th

End date: Thur Nov 20th

Time: 3:00pm – 3:45pm

POSTURAL TRAINING

Instructor: Tracey

Location: Central Park Arena, Big Rm, 2nd Floor Fee:

\$40 or \$5.00 per drop-in class

Program Duration: 11 weeks

Start date: Mon Sept 15th

End date: Mon Nov 24th

Time: 1:00pm – 2:00pm

Together, we are B.E.T.T.E.R

- **Build knowledge**
- **Enable access**
- **Take part**
- **Team up**
- **Empower health**
- **Research for tomorrow**

POSTURAL TRAINING

Instructor: Tracey

Location: Central Park Arena, Big Rm, 2nd Floor Fee:

\$40 or \$5.00 per drop-in class

Program Duration: 12 weeks

Start date: Wed Sept 10th

End date: Wed Nov 26th

Time: 1:00pm – 2:00pm

MINDFULNESS MEDITATION

Instructor: Lotus Sound

Location: Central Park Arena, Small Rm, 2nd Floor

Program Duration: 8 weeks

Start date: Tues Oct 14th

End date: Tues Dec 2nd

Time: 1:00pm – 2:30pm

Wasaga Stars Arena

544 River Road W. Wasaga Beach

POSTURAL TRAINING

Instructor: Tracey

Location: Stars Arena, Remax Rm S, Main Floor

Fee: \$40 or \$5.00 per drop-in class

Program Duration: 11 weeks

Start date: Mon Sept 15th

End date: Mon Nov 24th

Time: 10:30am – 11:30am

MINDFULNESS MEDITATION

Instructor: Lotus Sound

Location: Stars Arena, Remax Rm S, Main Floor

Program Duration: 8 weeks

Start date: Thurs Oct 16th

End date: Thurs Dec 4th

Time: 1:00pm – 2:30pm



PROGRAM SCHEDULE WINTER 2026

Central Park Arena

85 Paterson Street, Collingwood

DANCING WITH PARKINSON'S

Instructor: Louise

Location: Central Park Arena, Small Rm, 2nd Floor

Fee: \$60.00 or \$5.00 per drop-in class

Program Duration: 12 weeks

Start date: Tues Jan 6th & Thurs Jan 8th

End date: Tues Mar 24th & Thurs Mar 26th

Time: 10:30am – 12:00pm

SITTING / STANDING YOGA

Instructor: Catherine

Location: Central Park Arena, Small Rm, 2nd Floor

Program Duration: 11 weeks

Start date: Thurs Jan 8th

End date: Thurs Mar 28th

Time: 9:30am – 10:15am

POSTURAL TRAINING

Instructor: Tracey

Location: Central Park Arena, Big Rm, 2nd Floor

Fee: \$40 or \$5.00 per drop-in class

Program Duration: 11 weeks

Start date: Mon Jan 5th

End date: Mon Mar 30th

Time: 1:00pm – 2:00pm

POSTURAL TRAINING

Instructor: Tracey

Location: Central Park Arena, Big Rm, 2nd Floor

Fee: \$40 or \$5.00 per drop-in class

Program Duration: 11 weeks

Start date: Wed Jan 7th

End date: Wed Mar 25th

Time: 1:00pm – 2:00pm

MINDFULNESS MEDITATION

Instructor: Lotus Sound

Location: Central Park Arena, Small Rm, 2nd Floor

Program Duration: 8 weeks

Start date: Tues Jan 16th

End date: Tues Feb 24th

Time: 1:00pm – 2:30pm