Delay the Disease

Is Parkinson’s keeping you down?

Well, then it’s time for you to get up, fight back and learn how to Delay the Disease.

Delay the Disease is a fitness program designed to empower people with Parkinson’s Disease by optimizing their function and by helping delay the progression of their symptoms.

When: Saturdays
Time: 10-11 am
Where: CPW in the clinic
Cost: $25/month or $5/class

Limited to the first 10 registrants.

Classes lead by certified professionals.

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