



**#1 Evidence-Based
Exercise Program
for people with
Parkinson's**



**FREE
PARKINSON'S
EXERCISE CLASSES**



NHRMC Employee
Fitness Center
2250 Shipyard Blvd

**Tuesdays & Thursdays
10AM - 11AM**

CLASSES BEGIN MAY 13



TO JOIN:

inquire@beatpdtoday.com

www.beatpdtoday.com

(860) 918-9594

**THINK STRONG.
MOVE STRONG.
BE STRONG.**

