



### Location

The Legacy at Park Crescent  
1000 Providence Circle  
Rochester, New York 14616

### Schedule

Tuesdays and Thursdays  
11:00 a.m – 12:00 p.m.

### Cost

\$70 for eight-week program  
(16 sessions)

## Parkinson's Disease Exercise Program

### Group Exercise Program

Led by Parkinson's disease specialty program therapists

Individuals with Parkinson's disease and their caregivers attend this group exercise program designed to:

- Increase balance
- Optimize range-of-motion and strength
- Improve posture
- Advance walking capability
- Enhance relaxation

Yoga, Tai-Chi, and LSVT® BIG are among the activities incorporated into the program routine to help minimize symptoms of Parkinson's disease. Dance movements gathered from the Mark Morris Dance Group are also incorporated.

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### Getting started is easy!

Contact Chris Chimenti,  
Director of Therapy Services,  
at 585-295-6473.