



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.