



PARKINSON'S IN MOTION

**“NEW PARKINSON'S 6 WEEK FITNESS PROGRAM”
- STARTS TUESDAY SEPTEMBER 2ND**

➤ **Date:** Tuesday's ~ Sept. 2nd to Oct. 7th

➤ **Time:** 2:00 - 3:00 PM

➤ **Location:** **Derby Senior Services,**
611 N Mulberry Rd. #100,
Derby, KS 67037

Questions? Call: 316-252-1877

- For those with Parkinson's AND a caregiver.
 - Built to support your mobility and confidence.
- This specialized program blends
 - Functional movements
 - Strength training
 - Cardiovascular Conditioning to support your mobility and confidence.
- Led by a Parkinson's-certified therapist from Club Parkinson's, Wichita!



Each session offers more than just physical benefits—it's about reclaiming control and boosting your quality of life, together! Whether you're newly diagnosed or well into your PD journey, we're here to help you AND a caregiver move with purpose, walk with confidence, and feel stronger every day.

Join us and take a powerful step forward in your Parkinson's journey!

