



Club Parkinson's proudly announces the

EmpowerFit PROGRAM

6 Months Membership to Club Parkinson's

- ▶ New Members Only.
- ▶ Must be accepted into the program.
- ▶ Looking for committed participants with a strong desire to actively engage in the program.

Benefits

Unlimited access to over 22 fitness classes with Parkinson's trained Physical and Occupational Therapists along with guest coaches/trainers

- ✓ 1:1 Consultation
- ✓ Baseline Testing & Review
- ✓ Empowerment Support Group
- ✓ Monthly Educational Series
- ✓ Social & Special Events
- ✓ Research options with WSU
- ✓ Private Facebook Page



This program is supported by a community grant from the Parkinson's Foundation!



Visit our website
www.clubparkinsons.org



Club Parkinson's

Call for details
316-252-1877

