

FUNCTIONAL FITNESS PARKINSON'S PROGRAM

DELAY THE DISEASE FACT SHEET



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROGRAM OVERVIEW

Delay the Disease uses cardiovascular, strength, balance and flexibility training to help you manage Parkinson's symptoms and maintain your quality of life. This empowering program will help you improve your ease of movement, confidence and independence, at any age.

DESCRIPTION AND GOALS

- Move about with ease and confidence in a crowd
- Get out of bed or rise from a chair independently
- Improve handwriting
- Dress independently
- Diminish worry that stiffness, slow steps and other symptoms are obvious
- Regain a sense of moving with normality.

PROGRAM INFO:

- 5 Week Program
- Meets two times a week.
- \$50 for all 5 Weeks
- \$5 Drop-in rate (Per Class)

Ask us about our next session times and dates.



WHO QUALIFIES?

Anyone with Parkinson's Disease or with Mobility Challenges.

PROGRAM:

Delay the Disease has proven to:

- Improve mobility and endurance
- Increase confidence
- Create a support caring environment

CONTACT

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THE PROGRAM'S REACH



"Hope for the hopeless diagnosis."

