

At the
C A P I S T R A N T C E N T E R

for PARKINSON'S DISEASE
and MOVEMENT DISORDERS
at HealthEast Bethesda Hospital

Here is the class you have been looking for!
High Level - High intensity – Challenging - Fun
Will help improve your balance, coordination, and strength

This class may be modified for seated exercise.

Aimed to improve in the following areas:

- Motor skills
- Posture
- Hand eye coordination
- Stamina
- Flexibility



Program creator: Michael Gonzalez-Wallace
“This is a circuit of multi tasking movements
that challenge and improve both your muscles
and your brain”

Session 1 – July 3, 10, 17, 31 August 7, 14, 21

Session 2 – September 4, 11, 18 October 2, 9, 16, 30

Session 3 – November 6, 13, 20 December 4, 11

**Call Erin
to Register
651-232-2166**

Cost : \$25 a session

Time – 6:00 – 7:00 pm

Where: Physical Therapy Gym 2nd Floor