

Don't let Parkinson's disease stop you from being

STRONG STEADY



Research has shown that regular exercise can slow the progression of Parkinson's disease, as well as improve your overall level of fitness and sense of well-being.

Join our **new** weekly exercise group at Thomas Jefferson University Hospital on **Wednesdays 1–2 p.m.** **Location: Edison Building, 130 S. 9th Street, Room 1301.**

Ongoing groups will continue **Fridays 1–2 p.m.** at Jefferson Methodist Hospital. **Location: Jefferson Methodist Hospital, 2301 S. Broad St, Philadelphia, PA 19148, First Floor Rehab Gym.**

Group members participate in seated aerobic exercises as well as balance and strengthening activities in a supportive setting, led by a physical therapist.

Sessions run for 8 weeks (rolling start date) and cost \$40.



Call **215-952-9179** to register today!