



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EMPOWER, BALANCE MOBILITY

## OhioHealth Delay the Disease Parkinson's Exercise Program YMCA OF CENTRAL OHIO

This evidenced-based fitness program, led by a certified OhioHealth Delay the Disease instructor, is designed to empower people with Parkinson's disease.

The class optimizes physical function while utilizing humor, optimism, enthusiasm and hope to help motivate participants.

### Participation may lead to:

- » increased self-confidence and independence
- » decreased risk of falls
- » minimized fatigue
- » reduced rigidity
- » improved mobility

Classes start May 30

**FEES**  
9-WEEK SESSION  
3 times weekly  
M \$149 | NM \$199  
2 times weekly  
M \$99 | NM \$133

LOCATION	DAYS	TIME	CONTACT
<b>GAHANNA</b> JOHN E. BICKLEY YMCA - Basic	Monday Wednesday & Friday	12:00 - 1:00 p.m.	Valerie Baumann 614-416-9622 vbaumann@ymcacolumbus.org
<b>GROVE CITY</b> YMCA - Basic	Monday & Wednesday	12:45 - 1:45 p.m.	Angie Jordan 614-871-9622 ajordan@ymcacolumbus.org
	Friday	1:00 - 2:00 p.m.	
<b>GROVE CITY</b> YMCA - Bootcamp	Monday & Wednesday	2:00 - 3:00 p.m.	
<b>DELAWARE</b> COMMUNITY CENTER YMCA - Bootcamp	Tuesday & Thursday	1:00 - 2:00 p.m.	Amy Mosser 740-203-3051 amosser@ymcacolumbus.org

**HILLIARD/RAY PATCH FAMILY YMCA: Classes coming soon**