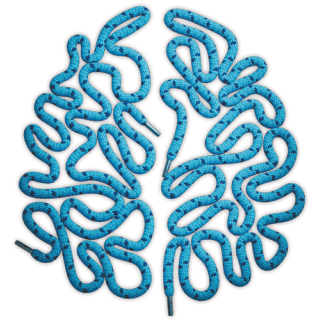




## Neuro Wellness Program

# Parkinson's Disease Wellness

**Parkinson Disease Wellness Classes are designed to help people manage Parkinson's disease symptoms by improving strength, flexibility and balance. Participants will connect with others who share their condition and be empowered to make healthy choices that influence their overall well-being.**



*Classes are open to all fitness levels and will focus on improving balance, strength, cardiovascular endurance and mobility.*

### Where is the program offered?

OhioHealth Ontario Wellness Complex  
Health & Fitness Center  
1750 West Fourth Street  
Mansfield, Ohio 44906  
(419) 526-8900

### When are the classes held?

"Drop in classes" designed to accommodate all fitness levels meet on **Mondays, Wednesdays** and **Fridays** from **1-2 PM**.

These ongoing classes run continuously. Participants may join the class at any time.

### Who can attend these classes?

Parkinson's Disease Wellness group exercise program is designed for anyone living with Parkinson's disease.

A spouse or caregiver is invited to accompany/assist the participant at no additional charge.

### How do I enroll in the program?

Registration is required. Please arrive early or stop by the fitness center beforehand to complete the necessary paperwork.

Fitness Center Members: \$3 per class

General Public: \$7 per class

### Parkinson's Support Group

Join us at the OhioHealth Ontario Health and Fitness Center the **Third Wednesday** of the **month** from **2:30-3:30 PM**.



OhioHealth Ontario Health and Fitness Center  
**(419) 526-8900** or email  
**OntarioHFC@ohiohealth.com**

