



Parkinson's Exercise Group

Patients with Parkinson's disease often benefit from guided exercise and movement. This class will teach you exercises to help strengthen and relax your muscles, improve your balance and coordination, and provide voice training.

The class is taught by physical therapists, occupational therapists, and speech language pathologists. The class is open to anyone living with Parkinson's disease. Spouses and caregivers are welcome to join. Cost is \$10.

Munson Community Health Center

Physical Therapy Gym
550 Munson Ave.
Traverse City, MI

2nd Wednesday and 4th Thursday of each month, 11 am - 12 pm

To register, call **231-935-8600**. You may pay when you arrive for the class with a credit card or check.

For a list of classes, visit munsonhealthcare.org/classes-and-events.



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