



## Stay Strong and Boost Your Energy!

In 2012, UConn's Nayden Rehabilitation Clinic started up an exercise class to provide a new way for people with Parkinson's Disease to stay active and maintain their health. This class, which is offered virtually, and in-person, is led by physical therapists and students in-training. We get the heart pumping while offering fun and challenging new exercises each week. Our goal is to create a friendly community and have each participant leave the class feeling good and energized. Join us on this journey!

**Every Friday @ 12:30pm-1:30pm** **Register for Free!**

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### Why Should you join?

- ▶ Lower fall risk
- ▶ Increase physical activity
- ▶ Increase strength
- ▶ Learn different exercises
- ▶ Form friendships
- ▶ Exercise the body and mind