

PWR!MOVES® PARKINSON FITNESS

-Information session

55+
SENIORS



TUESDAY, SEPTEMBER 27 | 2:30 - 3:30 PM
Brighthouse Branch, Living Room, Registered program

Come get more information about the PWR!MOVES® exercise classes offered at Minoru Activity Place Centre this Fall. This activity-based workshop will give you hands-on experience of exercises that hold promise to improve Parkinson's disease-specific symptoms.

For more details, visit yourlibrary.ca/events, call 604.231.6413 or talk to a staff member.