



Parkinson's Wellness Recovery

Improve movement, balance, and coordination in your daily activities.

The focus of this program is on improving movement, balance and coordination through group-exercise sessions. Physiological assessments are provided upon initial visit, as well as at three months and one year. Assessments are required to determine progress in functional mobility. PWR! Moves: This group class starts with the repetitive training of four foundational skills that make up everyday function. The class emphasizes learning what optimal function should feel like so you can move more quickly and freely during daily activities.

Tuesdays

12:00 PM, Located in the large group exercise studio on the third floor.

Assessments: Package of 3 for \$25

\$10 per class | \$60 for 10 classes

Start your journey today

[\(407\) 303-4400](tel:4073034400) | CelebrationFitness.com

PWR!Moves[®]
Parkinson Wellness Recovery


Advent Health
Wellness Center
Celebration