



Grand Lake Rehab Parkinson's Exercise Program

Grand Lake Rehab is collaborating with the Minster YMCA to offer a Physical and Speech Therapy exercise program and Support Group for people who have Parkinson's Disease. This 15-week program gives Parkinson's patients an opportunity to exercise their voice and movement in a fun and engaging social environment. The exercise program will be offered one-time per week (with a Support Group every 4th week) for a total of 15 weeks. Exercise sessions will include 45 minutes of Physical Therapy exercise and 45 minutes of Speech Therapy exercise. This program is *LSVT Big and Loud Certified* and appropriate for all levels of Parkinson's patients. Walk-ins welcome.



When? Tuesdays, 12:30-2:00 p.m., January 3 through April 11, 2023.

Support Group will be on Jan. 24, Feb. 21, Mar. 21 from 12:30-1:30 pm

Where? Minster YMCA, 4075 Wuebker Road, Minster, OH 45865

Cost? Free to all YMCA members and non-members

Register: Registration not required. Walk-ins welcome.



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REHAB AND WELLNESS