

# FITNESS FOR PARKINSON'S

OSF Saint Francis Wellness Services is pleased to offer a class specifically designed for individuals with Parkinson's disease. This 8-week session focuses on providing a medically supervised program to improve flexibility, endurance, balance, strength, and overall well being.

- **Breathing** – exercises focus on diaphragmatic techniques and postural awareness
- **Stretching** – exercises to improve range of motion, rigidity and joint stiffness
- **Balance** – exercises to promote postural core strength and fall prevention
- **Strength** – whole body improvements achieved through exercise machines and equipment
- **Movement** – exercises to improve body awareness, coordination, and motor control
- **Education** – group discussion and problem-solving

**Classes accommodate all fitness levels.**

Instructor - Heidi Bauer, RKT



**September 15 – November 5, 2009**

**Tuesday & Thursday  
11:00 am - 12:00 pm**

**RiverPlex Recreation & Wellness Center  
600 NE Water Street, Peoria**

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**To register or for more information, call 309-282-1605.**

RiverPlex Members – \$50    Non-members – \$80

*A Physician approval is required to participate.  
Parking is accessible and the environment is climate controlled.*

 **OSF**  
SAINT FRANCIS  
MEDICAL CENTER