



CBRC Health & Fitness

PARKINSON'S DISEASE

Research clearly shows that regular exercise can reduce the severity of Parkinson's Disease (PD) symptoms and slow down the progression of the signs of the disease. Being active will help you have more stamina, walk better, and simply feel better about life. Although exercise will not reverse the disease, positive effects on the brain may help you compensate for some of the changes with PD. Getting started sooner is best and you must stick with it to keep getting the benefits. As loss of muscle is common for people with PD. The focus of this program is to strengthen the entire body to support daily activities.

Parkinson's Disease participants will meet with exercise professionals three times a week for 60-minute sessions.

Available in 3, 6, or 12-month programs.

Cost: \$60-\$70 per session depending on program length.

CBRC Health & Fitness Exercise Professionals believe in Movement Health and Movement Function. Get started today!

CONTACT US

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