



## Parkinson's Dance

Our Parkinson's Dance class is a fun way to incorporate movement into your day. The benefits include improved gait, balance, and cognitive function. This class is taught by a Certified Dance for PD Instructor, Pamela Scherer Hin.

- ▶ Classes held at 961 Panorama Trail
- ▶ Classes are modified for all fitness levels
- ▶ Spouses/loved ones are encouraged to participate

**Tuesdays and Fridays**

10:30 AM - 11:45 am

Call today for your  
initial evaluation

**(585) 482-5060**



961 Panorama Trail S, Rochester

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[www.wellness360fitness.com](http://www.wellness360fitness.com)