



Parkinson's Wellness Programs

Wellness 360 provides an all-encompassing wellness program for the Parkinson's diagnosis. We have programs that support the patient from early diagnosis through long-term disease management.

Physical Therapy

- ▶ Outpatient Neuro Rehab
- ▶ Balance & Fall Prevention
- ▶ PWR (PD Wellness Recovery)
- ▶ In-home Mobile PT

Group Fitness

- ▶ Rock Steady Boxing
- ▶ Parkinson's Dance
- ▶ Cycle for Active Adult
- ▶ Fine Motor Skills Class

Call today for your initial evaluation
585-482-5060



191 W Main St, Webster ▶ 1328 University Ave, Rochester

📞 585-482-5060

www.wellness360fitness.com