



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 1328 University Ave
- ▶ Classes are modified for all fitness levels
- ▶ Spouses/loved ones are encouraged to participate

Tuesdays and Fridays

10:45 AM - 12 pm

Call today for your
initial evaluation
(585) 482-5060



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

📞 585-482-5060

www.wellness360fitness.com

