



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pedaling for Parkinson's

OCT. 26TH – DEC. 18TH

8- week session

Meeting 3x's a week

Mon., Wed. and Fri. 10:30–11:30 am

This is an amazing cycling program for people with Parkinson's Disease who are looking to improve gait, balance, speech, handwriting and overall endurance. A study conducted by the The Cleveland Clinic showed a 35% reduction in Parkinson's symptoms by simply pedaling. Enroll today to improve your symptoms!

Non-member fee: \$100



FREE FOR YMCA MEMBERS

ENROLL TODAY! Call Patience Smith-Cabrera at 508-362-6500 Ext.136

YMCA CAPE COD 2245 Iyannough Rd, West Barnstable MA 02668