



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PEDALING 4 PARKINSON'S

WELLNESS RECOVERY PROGRAM



PICKENS YMCA • 2223 GENTRY MEMORIAL HIGHWAY • 864-878-8380 • WWW.PCYMCA.NET



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PEDALING 4 PARKINSON'S

Research conducted at the Cleveland Clinic showed a 35% reduction in Parkinson's patient symptoms by the simple act of pedaling a bicycle at a rapid pace - optimally 80-90 revolution per minute. Pedaling is not a cure for Parkinson's disease and should not be touted as such, but there is compelling evidence to show that it does make a real difference for many.

PROGRAM HIGHLIGHTS

- One-on-one consultation & assessment with Wellness Coach
- Classes meet twice per week for 1 hour
- Each session lasts 6 weeks
- Classes led by Parkinson's Wellness Recovery trained instructors
- Fun, supportive environment

WHO IS ELIGIBLE?

- Adults who have been diagnosed with Idiopathic Parkinson's Disease
- Must have a signed medical release form
- Must be a member of the YMCA of Easley, Pickens & Powdersville
(Financial assistance for membership is available)

SESSION DATES, TIMES, AND COST

- Session I: March 26-May 2
- Session II: May 14-June 20
- Class Time: Mondays & Wednesdays from 1-2 PM
- YMCA Members: Free

TO REGISTER

- Contact the Pickens YMCA at 864-878-8380
- Medical release must be received in order to finalize registration

FOR MORE INFORMATION:

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**YMCA MISSION:
TO PUT CHRISTIAN PRINCIPLES INTO
PRACTICE THROUGH PROGRAMS THAT BUILD
HEALTHY SPIRIT, MIND AND BODY FOR ALL.**

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