



OHIOHEALTH
DELAY THE DISEASE™
THE #1 PARKINSON'S EXERCISE PROGRAM

GAIN A SENSE OF CONTROL

DELAY THE DISEASE BEDELL FAMILY YMCA

The Bedell Family Y is dedicated to helping people with Parkinson's disease (PD) manage symptoms and maintain quality of life. It's one of the many reasons we offer OhioHealth Delay the Disease™, a fitness program designed to empower people with PD to take control of the disease with daily exercise.

The empowering results of our Delay the Disease fitness program can help with:

- Moving about with ease and confidence in a crowd
- Getting out of bed or rising from a chair independently
- Improved handwriting; dressing independently
- Diminishing worry that stiffness, slow steps and other symptoms are obvious, regaining a sense of moving with normality

Ongoing Monthly Walk-in Class

When: Tuesdays & Thursdays

Time: 11 – 11:30am



This class is offered at no cost to Parkinson's patients