



MOVEMENT CLASS FOR PEOPLE WITH PARKINSON'S

A Gentle Movement & Voice Exercise Program

Classes include:

- Stretching, balance, coordination, fall prevention & voice exercise
- Movement exercises based on T'ai Chi Chuan and Qigong
- Special exercises to improve grip, dexterity & reduce tremor
- Exercises to counteract the Parkinsonism mask
- Group support & individual attention

Classes meet the first 3 Wednesdays of each month:

- **3 class monthly option:** attend all 3 sessions - \$37.50 per month
- **2 class monthly option:** attend any 2 sessions - \$30 per month

To learn more call 510/675-4302

Fees are due the first week of the month
Pay by phone or in person at any Health Education Center
(see below for locations)

HEALTH EDUCATION CENTERS

Fremont-Hayward-Union City

Visit Health Education to register for classes and find more resources, including reference books, computer access, free pamphlets, and community services

Fremont

1st floor Niles Bldg.
248-3455

Hayward

2nd floor Office Bldg.
784-4531

Hayward Sleepy Hollow

1st floor near Pediatrics
784-4531

Union City

Bldg. B 1st floor
784-4531