



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PEDALING FOR PARKINSON'S

Join the Y for improved well-being
after Parkinson's diagnosis!

Free for Y Members, Pedaling For Parkinson's helps PD patients develop and maintain healthy lifestyles through group fitness, education and wellness activities.

> **Tuesdays & Thursdays**
11:30 a.m.- 12:30 p.m.

Sign up today!

Y Membership is required. Program date to be determined. Classes are limited to 24 participants.



To register or for more information, contact Health & Wellness Director, Dean Seda: 732.741.2504, ext. 219 or dseda@cymca.org

THE COMMUNITY YMCA

FA MILY HEALTH & WELLNESS CENTER

166 Maple Avenue
Red Bank, NJ 07701

P. 732.741.2504
information@cymca.org

TheCommunityYMCA.org



Here for all.

Financial assistance is offered based on availability of funds.