



Take Steps to Live Well with Parkinson's

PFNCA Exercise for Parkinson's
Gainesville, VA
Onelife Fitness

7201 Heritage Village Plaza

Tuesdays from 1:30 p.m. to 2:30 p.m. starting July 10, 2018

How to Participate:

- This program is provided at no cost.
- You do not need to be a member of Onelife Fitness to participate.
- Annual registration with PFNCA is required. There is a \$30 annual administrative fee that can be waived for financial hardship.
- To register for PFNCA programs, please visit www.parkinsonfoundation.org or call (301) 844-6510.

Made possible with support from



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WALK OFF
PARKINSON'S