



Take Steps to Live Well with Parkinson's

PFNCA Exercise for Parkinson's
Sunrise at Silas Burke House
9619 Burke Lake Rd, Burke, VA
Wednesdays, 2:00 p.m. to 3:00 p.m.

How 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.

If you have questions, please call the PFNCA office at (301) 844-6510.

Made possible with support from



SILAS BURKE HOUSE



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