



PARKINSON'S WELLNESS RECOVERY



Parkinson's Wellness Recovery Moves (PWR! Moves) is an evidence-based exercise program integrating whole body movements that can slow motor deterioration, improve symptoms and increase quality of life in those living with Parkinson's Disease. It is a proactive program that allows participants to optimize brain health, brain repair and adaptation, and increase desire to participate in everyday life.

Program will be ongoing in 4 week blocks starting at the beginning of each month. New participants will be tested to determine which class will best meet their needs.

Wednesday/Fridays
2:30-3:30 pm
UNC Wellness Centers at NW Cary
350 Stonecroft Lane. Cary, NC 27519
919-957-5900

Mondays/Thursdays
2:30-3:30 pm & 3:30-4:30 pm
UNC Wellness Centers at Meadowmont
100 Sprunt St, Chapel Hill, NC 27517
919-966-5500

\$80 MEMBERS, \$100 NON-MEMBERS. REGISTER AT THE FRONT DESK OR CALL FACILITY.