



# DELAY THE DISEASE™

The #1 Parkinson's Exercise Program

*A fitness program to help the participants feel like they have the power over the disease rather than the disease having control over them."*



...Beau Carver, GFI, CPT Associates in Fitness Management, Certified Class Instructor.

The empowering results of the Delay the Disease exercise program can help participants:

- \*Move about with ease & confidence in a crowd.*
- \*Get out of bed or rise from a chair independently.*
- \*Improve handwriting.*
- \*Dress independently*
- \*Diminish worry that stiffness, slow steps and other symptoms are obvious.*
- \*Re-gain a sense of moving with normality.*

This evidence-based fitness program created by Ohio Health, is led by certified *Delay the Disease™* instructors and designed to empower people with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms.

*Research in the area of Parkinson's disease indicates that exercise has been shown to improve self-confidence and independence, decrease the risk of falls, minimize fatigue, reduce rigidity and improve mobility.*

**CLASS is held on Tuesdays & Thursdays from 2:30-3:30 pm Free to Adults 50 years and older. Donations are appreciated. Classes are ongoing and Participants may join any time.**

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2:30 - 3:30 pm.**

Delay the Disease is designed to empower people with Parkinson's disease (PD) to optimize their physical function.

