



HELP{FULL}

Agility Training for those with Parkinson's disease and/or movement disorders

Classes in March are complimentary!
Tuesdays and Thursdays • 2:30 – 3:40 pm

Improve movement and fitness!
Touchmark Director of Fitness Lori McCormick, PT, CEEAA,
will lead this class and use a combination of evidence-based
exercises and strategies.

**Each session will be 60 to 75 minutes and
will meet in the Fitness Studio.**

**Class size limited to 10.
Call Lori at 509-536-2929
to sign up today.**



TOUCHMARK ON SOUTH HILL
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