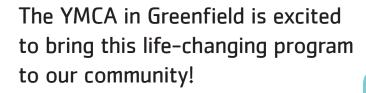
PEDAL YOUR WAY TO HEALTH

Pedaling for Parkinson's™



Pedaling a bicycle may change the life of someone with Parkinson's disease. Research has shown that improved motor function can occur by pedaling at a cadence of between 70-80 RPM.



Monday and Wednesdays

10:30 am | FREE TO PARTICIPANTS!!

Intake appointment required.

Call Jayne at 773-3646 x448.



This one-hour class will help you obtain your health!





MASSACHUSETTS CHAPTER

Strength in optimism. Hope in progress.