



# DELAY THE DISEASE

## GROWING STRONGER TOGETHER

The Attleboro Norton YMCA offers a life-changing fitness and mobility program expressly designed for people with Parkinson's disease. Led by certified instructors, Delay the Disease is an evidence-based fitness program designed to empower those living with Parkinson's by optimizing their physical function and helping to delay the progression of symptoms and helping to restore an improved quality of life. Exercise plans are adapted to all stages and levels of the disease.

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

- Move about with ease and 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
- Regain a sense of moving with normality.

### QUESTIONS? FOR MORE INFORMATION

Contact Nicole Szeliga

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### PROGRAM SCHEDULE:

TUE, WED, THU

11:00 AM

DOWNTOWN BRANCH