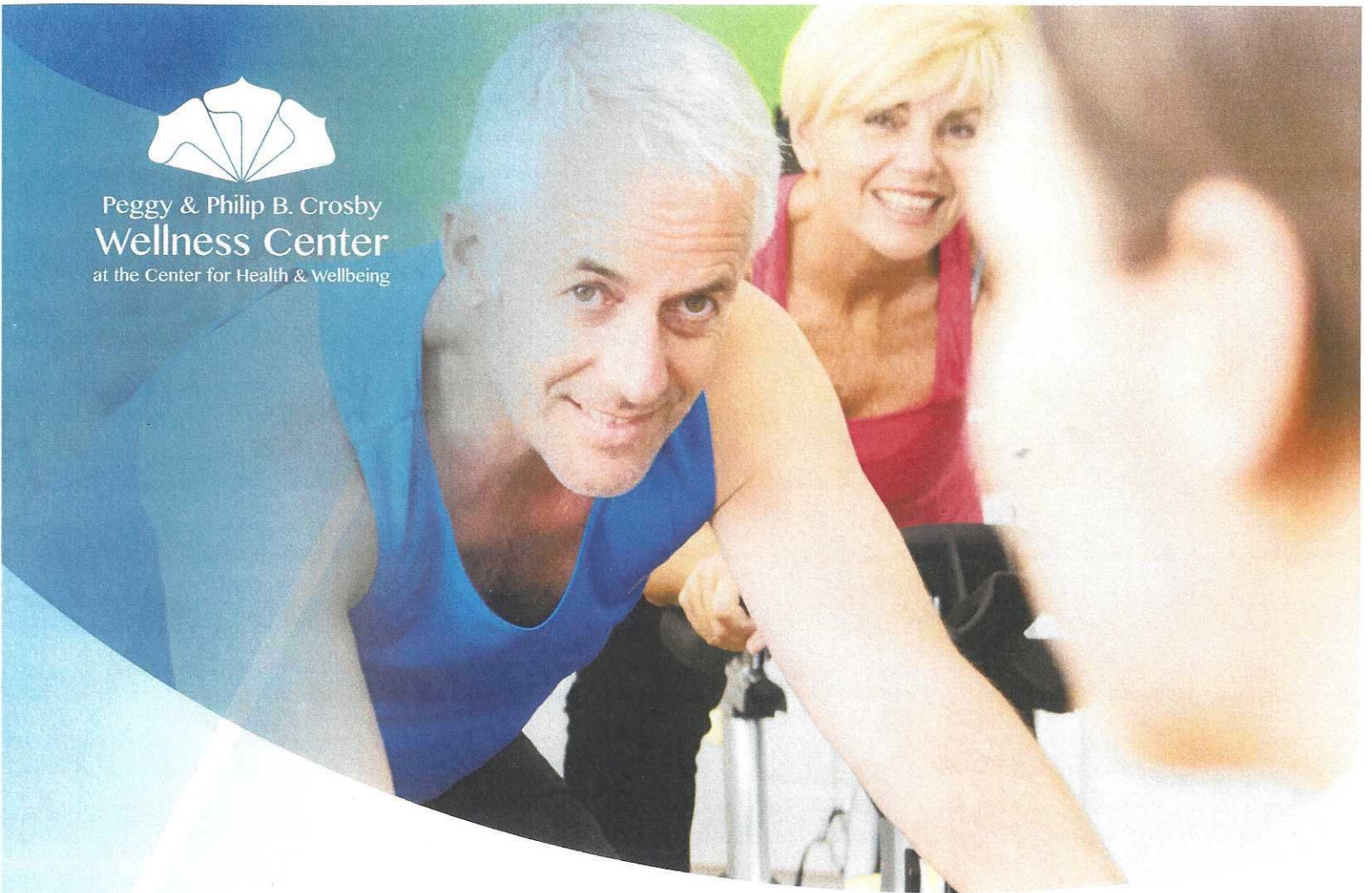




Peggy & Philip B. Crosby  
**Wellness Center**  
at the Center for Health & Wellbeing



## Pedaling for Parkinson's™ Class

Join Crosby Wellness Center's Pedaling for Parkinson's™ class, and receive a **FREE** one-week trial before joining! The Pedaling for Parkinson's™ program uses high cadence cycling (80 to 90 rpm) to forestall the progression of the disease, alleviate many symptoms and even reduce medication. Results vary due to the broad range of Parkinson's symptoms, but it is clear that extended periods of forceful exercise have positive effects.

This class is led by a cycling instructor with Parkinson's knowledge. Care partner participation is encouraged but not required. For more information, please visit the Member Services desk or call 407-644-3606.

**Date**

Mondays,  
Wednesdays and  
Fridays

**Time**

2:00 – 3:00 pm