

PWR!Moves® Group Class

This Parkinson-specific exercise will teach you how to move bigger and faster in everyday life and counteract PD symptoms! As you learn these PD-specific skills, you will be challenged physically and cognitively to do more than you think you can in a fun, supportive environment!



BALANCE

STRENGTH

FLEXIBILITY

DECREASE FALLS

IMPROVE WALKING

Must have exercise clearance from physician to participate in class

Class size limited

Please reserve spot in class by calling 810-449-7438 or emailing aspadaro@ampdpt.com

When:

Tuesdays at 7:30pm and Saturdays at 10:30am

Duration:

6 weeks

September 18th-October 27th

Where:



24425 Indoplex Circle,
Farmington Hills, MI 48335

Program Cost (6 classes):

Free Demo Class (1st week)

\$75 (Tuesday or Saturday class)

Instructor:

Audriana Spadaro, DPT
AMP'D Physical Therapy and
Wellness