

# Calendar & Events

## Calendar & Events

**Must call ahead to reserve a spot for all below classes -**

**Spots are limited!! (609) 365-8499**

Gentle Yoga For PD: Wednesday @ 1:30pm

Gentle yoga focuses on the benefits of deep breathing, relaxation and stretching while working to improve both strength and balance. Laura's gentle yoga class is accessible to beginners and students with limitations that may require modifications. Each class has a therapeutic focus and uses props to accommodate the individual student's skill level.

BIG/PWR classes For PD: Tuesday @ 1:00pm with Dan

Designed specifically for Parkinson's patients. Helps with stretching, strengthening and body movements.  
(cancelled till further notice)

Balance for PD: Thursday @ 1:00pm with Dan

ROCK STEADY BOXING FOR PD: Tuesday and Thursday @ 11:00am

Designed specifically for individuals diagnosed with Parkinson's



314 Central Ave.  
Linwood, NJ 08221  
609.365.8499 Ext. 1

[www.parkinsonlifecenterofsouthernnj.org](http://www.parkinsonlifecenterofsouthernnj.org)

## PLC Class Schedule

<i>Time</i>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<i>11:00am</i>	Rock Steady Boxing		Rock Steady Boxing
<i>1:00pm</i>	BIG/PWR w/ Dan (Mild)		Balance for PD w/ Dan
<i>1:30pm</i>		Gentle Yoga w/ Laura	

**\$5 donation  
appreciated for:  
Balance, BIG/PWR, &  
Rock Steady Boxing**

**Yoga Prices:**

<b>PD</b>	<b>Other</b>
\$8 per class	\$10 per class
\$48 for 8 classes	\$64 for 8 classes
\$80 for 16 classes	\$125 for 16 classes

***MUST call ahead to reserve your spot!! 609 365 8499***

**Parkinson & Movement Disorder Alliance** - a national nonprofit dedicated to providing opportunities for people to learn, live more fully and spark meaningful connections around them.

We reach tens of thousands of people each year with our free educational programming, resources, and support. We offer a diverse line-up of online programs every week ranging from lectures by expert physicians, peer discussion groups, and more casual social opportunities. No matter who you are in the movement disorder journey - whether you are living with a disease, or you're a care partner or adult child, a support group leader, or a clinician - we are here for you.

**[Check out their resources on their website: www.pmdalliance.org.](http://www.pmdalliance.org)**

Parkinson & Movement Disorder Alliance is an independent, national nonprofit dedicated to help people impacted by movement disorders to learn, live more fully and spark meaningful connections around them.