



DANCERCISE!!

Classes for people with Parkinson's--No Fee
a little exercising...

a little dancing...

A LOT OF FUN!!

EVERY WEDNESDAY

10:00 TO 11:30 AM.

Broadway Methodist Hospital Rehab Centers

303 E. 89th Ave. Merrillville

PAVILLION D

(At the end of 89TH Ave. along the south side of the hospital)

If you need more directions, call: 219-738-3500 # 0)

We work on improving: stretching, balance, flexibility, strength,
voice projection, muscle control, breathing capacity

and--having fun!!

Just come and join us, or for more information,

call: Madeline Wilson: 219-662-1162