



EXERCISE FOR PARKINSON'S

Specifically designed for people living with Parkinson's to help manage their symptoms.

Delivered by an 'Exercise with Neurological Conditions' qualified instructor.

Only £5.50

Wednesdays at 11am

**Everyone Active Stadium
Davis Lane,
Clevedon BS21 6TG**

Book your session online, in centre or via the Everyone Active app.

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

everyone
ACTIVE

Providing physical activity opportunities for people with Parkinson's.

