

# Beat Parkinson's Today

## Parkinson's



## Exercise Classes

**Functional Interval Training -Stretching-Exercise**

We offer Beginner, Intermediate or Advanced level classes. We create work-outs each session specific to the groups needs.  
Class Fee: \$15/class or packages available-see web-site

### Hospital For Special Care

Hospital for Special Care Research & Education Center  
Gym

370 Osgood Avenue, New Britain, CT 06053

(Please use the Corbin Avenue driveway)

Mon & Wed 11:00am-12:00pm

Join anytime

Please contact us to register

[Www.beatpdtoday.com](http://www.beatpdtoday.com)

Or call 860.463.3747

The *Beat PD* program is an affordable wellness class based on national research around the benefit of exercise and stretching to alleviate Parkinson's symptoms.