



BEAT PARKINSON'S TODAY EXERCISE PROGRAM

Mondays

January 2 – February 28

No class January 17 or February 21

11 a.m.

Beat Parkinson's Today

7 Classes: \$35

Printed Name

Date

Please be sure to complete and return the following for calendar year 2022:

- Participation Waiver and Release
- Questionnaire Regarding Exercise/Health Program
- Statement of Health Status (if necessary)
- Senior Center Membership Registration Form (if not a member)