

# DO YOU HAVE PARKINSON'S?

## Try our Parkinson's Enhance Wellness Program



Our wellness program is continuing during the pandemic and includes the following:

- Wellness Coach (by phone or socially distanced)
- Wellness Screening (by phone or socially distanced)
- Personalized Action Plan and Goals
- Power4Life classes (online)
- Yoga and Chair Yoga classes (online)
- Tai Chi classes (online)
- Living Well with Parkinson's and Other Chronic Conditions, A Self-Management Workshop (online)
- Health and education classes (online)
- One-year Gold membership to Lowcountry or Waring Senior Centers with access to the gyms (gyms open by appointment)

**For more information, call:**

### **Waring Senior Center**

2001 Henry Tecklenburg Drive  
in West Ashley  
(843) 402-1990



### **Lowcountry Senior Center**

865 Riverland Drive  
on James Island  
(843) 990-5555



*Managed by Roper St. Francis Healthcare.*

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