



# PWR! MOVES

## EXERCISE FOR PEOPLE WITH PARKINSON'S

After graduating from Physical and Occupational Therapy, you will be placed into the appropriate class level by your therapist. You must complete formal PT/OT to attend these sessions.

This class will continue to progress the skills gained from formal therapy. You will be challenged physically and cognitively while in a fun and supportive environment!

Offered at two locations:

Redwood Memorial  
3300 Renner Drive  
Fortuna, CA

St. Joseph Hospital  
General Hospital  
Campus  
2200 Harrison Ave  
Eureka, CA

Offered in:

Fortuna and Eureka


\*Call for times and dates

\*Limited space available

Instructed by:

Physical therapists

FOR MORE INFORMATION:

 (707) 441-4454

St. Joseph Health   
Redwood Memorial • St. Joseph