



# Pedaling for Parkinson's™

## Powered by the Davis Phinney Foundation

Learn how you can feel better and build community by joining a Pedaling for Parkinson's class right here in your community!

Riding an indoor, stationary bicycle can reduce Parkinson's motor symptoms up to 35%.

## YMCA CLASS SCHEDULE

Classes are currently offered at the Brandywine, Middletown and Dover YMCA's. \*To participate, you must complete an interest form, have a diagnosis of Parkinson's and be cleared by a physician.

**Register now to secure your spot!**

**Session dates: September 16th - December 13th**

### **Middletown YMCA**

Monday, Wednesday & Friday: 11am - 12 pm  
202 E Cochran St Middletown, DE

### **Dover YMCA**

Monday, Wednesday & Friday: 12:30pm - 1:30pm  
1137 S. State St Dover, DE

### **Brandywine YMCA \*NEW LOCATION\***

Monday, Wednesday & Thursday: 7:15pm - 8:15pm  
3 Mt. Lebanon Rd Wilmington, DE



### **INTERESTED IN PARTICIPATING?**

Visit [www.ymcade.org/pedaling-for-parkinsons](http://www.ymcade.org/pedaling-for-parkinsons) to complete an interest form. Or, contact us at (302) 572-9622, or [healthyliving@ymcade.org](mailto:healthyliving@ymcade.org).



Learn more about Pedaling for Parkinson's at [dpf.org/PFP](http://dpf.org/PFP)



“We can't control that we have Parkinson's, but we CAN control how we live with Parkinson's.”  
DAVIS PHINNEY