



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PEDAL YOUR WAY TO HEALTH



## Pedaling for Parkinson's at the Y GREATER SCRANTON YMCA

Pedaling For Parkinson's is an aerobic exercise program for adults with Parkinson's disease. Adults aged 30 to 75 years and diagnosed with Idiopathic Parkinson's disease can participate in this program. Once you have provided a complete Medical Screening and Consent Form, a Y staff member will contact you to schedule an orientation session. To learn more, please contact 570 828 3230.

- SESSION I:** February 2018 (12 weeks)
- DATE & TIME:** Saturdays, 11:00 a.m. – 12:00 p.m.
- COST:** Members – Free  
Non-Members - \$10 per class session
- CONTACT:** Shadia Lahlou  
570-828-3230
- LOCATION:** GREATER SCRANTON YMCA  
706 N. Blakely Street  
Dunmore, PA 18512  
(570) 342-8115  
[greaterScrantonymca.org](http://greaterScrantonymca.org)