



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 ages 30 to 75 and diagnosed with Idiopathic Parkinson's Disease can participate. Upon providing a complete medical screening and consent form, Jo, Greater Scranton YMCA staff member, will contact you to schedule an orientation session!

DATES & TIME: July 24th - August 21st; Tuesdays, 11:00 a.m.
*Registration deadline is July 8th; minimum # of participants is 8

COST: Members - Free
Non-Members - \$10

CONTACT: Karen Clause or Patti Goodenow
570-828-3117 or 570-828-3230
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LOCATION: GREATER SCRANTON YMCA
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(570) 342-8115
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