



FOR YOUTH DEVELOPMENT®

FOR HEALTHY LIVING

FOR SOCIAL RESPONSIBILITY

PARTNERSHIP

Giving Parkinson's the Shake Down!

Community Resources for individuals with **Parkinson's Disease** available in **Catawba County** and offered at the **Hickory Foundation YMCA**.

Classes available:

Tuesdays: Gentle Flow & Balance 11:00am

Wednesdays: Making Moves 11:00am

Thursdays: Functional Boxing 11:00am

**Class descriptions available on the back*

**These classes are complimentary
with a YMCA of Catawba Valley membership.**

Not a Member?

**Ask us about our special
Parkinson's Program membership!**



YMCA Contact: YMCA of Catawba Valley

Lala Kozishek 828-324-9622 lalak@ymcacv.org

701 1st St NW Hickory, NC 28601

CLASS DESCRIPTIONS

Giving Parkinson's the Shake Down!

Gentle Flow and Balance: A nurturing yoga experience emphasizing balance, posture, and controlled movement and designed specifically for individuals with Parkinson's and other neurological special needs. This class blends seated and standing poses, breathwork, and relaxation techniques to support both physical stability and mental calm.

Location: Studio A

Making Moves for Parkinson's

Gentle dance designed for individuals with PD for maintaining flexibility, as well as improving balance. Location: Studio A

Functional Boxing:

A fun exercise program designed (but not limited to) Parkinson's. This class incorporates functional movements and non-contact boxing and can help develop hand-eye coordination, balance & cognitive improvement. Location: Studio A

Catawba Valley Parkinson's Support Group

Contact: Carrie Craymer

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