



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE BODIES ACTIVE MINDS



PEDALING 4 PARKINSON'S

YMCA OF METROPOLITAN CHATTANOOGA

WHAT IS PARKINSON'S?

Parkinson's disease is caused by a breakdown in the nerve cells in the brain. The affected nerve cells do not produce enough dopamine, which affects your ability to move the way you want. Tremors, stiff muscles, slow movement, and trouble with balance or walking are all symptoms of Parkinson's disease.

In time, Parkinson's affects muscles throughout the body, leading to difficulty with swallowing, digestion, facial movements and more.

PEDALING FOR PARKINSON'S MISSION

The mission of Pedaling for Parkinson's is:

- To improve the quality of life of Parkinson's disease patients and their caregivers.
- To educate patients, caregivers, and the general public about the benefits of maintaining an active lifestyle after a Parkinson's diagnosis.
- To support research dedicated to the prevention and treatment of Parkinson's disease.

PROGRAM INFORMATION

Who can participate?

Participants who:

- Are 30-75 years old
- Are diagnosed with Idiopathic Parkinson's disease
- Complete and provide a signed consent form and a medical clearance form
- Agree to periodically monitor their progress

When are the classes?

North River: Monday 10:45am, Tuesday 11am, Thursday 10:45pm, & Saturday 9am

Cleveland: Tuesday 3:30pm, Wednesday 11am, & Thursday 3:30pm

Downtown: Monday, Wednesday & Thursday at 1:15pm

Hamilton: Tuesday, Thursday & Friday 10am starting March 2nd

How much does it cost?

Classes are **FREE** for Y members.

For non-members, the cost is \$60 per month.

How do I sign up?

Medical clearance and consent forms are available at the front desk, or online.

Once you provide the completed forms, a staff member will contact you to schedule an orientation and initial class session.

For more information, please contact:

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