

Parkinson's Wellness Recovery

PWR!Moves®



A new
exercise program
for individuals with
Parkinson's disease.

Recognized by the Parkinson's
Foundation as an accredited
exercise education program.



WHEN Tuesday & Thursday

(Class assignments will be based on individual assessment results.)

WHERE

Port St. Lucie Community Center
2195 SE Airoso Blvd.

COST

\$50 per month or \$10 per class

Call to make an appointment for a free assessment.
It is required.



PORT ST. LUCIE
PARKS & RECREATION



PSLParks.com | 772-807-4466

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ROCK STEADY BOXING



Parkinson's
Disease
Specialized
Program

FIGHT BACK!
AGAINST PARKINSON'S

*Must have Parkinsons diagnosis

WHEN

Class assignments will be determined by individual assessment results.
Mondays, Wednesdays, Fridays

WHERE

MIDFLORIDA Event Center
9221 SE Event Center Place.

COST

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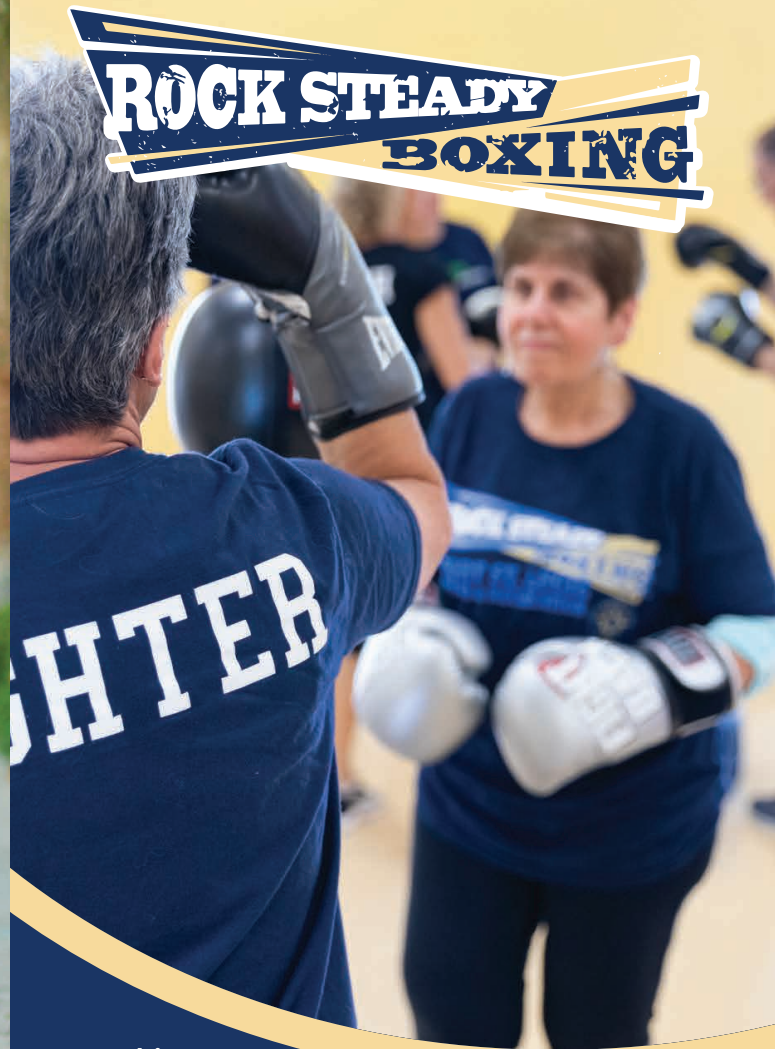
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PSLParks.com | 772-878-2277

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