



October 2018 Wellness Class Schedule

3220 Liberty Rd S Salem, OR 503.371.0779

| Mon | Tue | Wed | Thu | Fri | Sat |
|---------------------------------------|-----|----------------------------------|------------------------|--|-----|
| 30 11:00 PD/ Flexibility | 31 | 1 11:00 PD/ Big | 2 12:00 Chair Yoga | 3 | 4 |
| 6 11:00 PD/ Agility | 7 | 8 11:00 PD/ Balance | 9 12:00 Chair Yoga | 10 | 11 |
| 13 12:00 PD/ Power | 14 | 15 | 16 12:00 Chair Yoga | 17 12:00 PD/ Flexibility | 18 |
| 20 12:00 PD/ Big | 21 | 22 | 23 12:00 Chair Yoga | 24 12:00 PD/Agility | 25 |
| 27 12:00 PD/ Balance | 28 | 29 | 30 12:00 Chair Yoga | 31 12:00 PD/Power | 1 |

Note: PD=Parkinson's Agility class. The word in **BOLD** is the 'theme' for that day's PD class.

**FYI: Classes are open to the Public as well as NWRA patients.
\$7 per session or \$5 per session with a NWRA Wellness Card...Details at the front desk.
No experience required. First session of each class is FREE; come explore any/all!**

