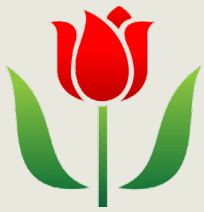


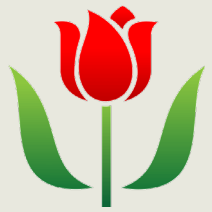


THE TERRACES®

AT PEACHTREE HILLS PLACE



Learning and Moving with Parkinson's
on Tuesday, April 26th,
starting at 10:30am,
with two great sessions to attend.



Drop -by and Meet with Parkinson's Representatives

The first session is a drop-in learning event from 10:30am-12:30pm in the Community Room of the Terraces. Come meet the Parkinson Association representative and learn more about the programs offered by the Parkinson Association and The Terraces. Light refreshments with coffee, juice and muffins will be served. Reservations are suggested but not required for the drop-in session.

Reservations are not required but encouraged.

Tuesday, April 26
10:30-12:30

The Terraces Community Room

Boxing Class with PD Gladiators

Then stay for the PD Gladiators who will host a Boxing Class at 1:00pm in the Wellness/Fitness Center located on the River Household (2nd Floor - Terraces). This specialized fitness class is created for members with Parkinson's Disease. The class focuses on strength, flexibility, balance and cognitive acuity.

Reservations are required for the boxing class, with limited spaces available.

Tuesday, April 26
1:00pm

The Terraces Wellness/Fitness
Center located on the River
Household (2nd Floor)

For more information and to reserve your spot call Agnes Pagan-Hosley 678-619-5600 for one or both of these amazing sessions.

Look for more details on our upcoming Parkinson support group starting early summer at The Terraces