Windy Hill
on the campus
where life, learning, and generations connect

Parkinson's Exercise

THINK, MOVE, IMPROVE



This class focuses on:

- Large movements & increasing size of movements
- Gait
- Coordination
- Voice projection
- Facial Expression
- Fine motor skills
- Dual tasking - combining cognitive challenges with physical tasks

Fridays at 9 am
Instructed by Vickie Bailey
Certified Fitness Instructor
Country Meadows

COUNTRY MEADOWS
RETIREMENT COMMUNITIES