

Parkinson Support

Royal Palm Beach Recreation Center

100 Sweet Bay Lane
Royal Palm Beach, FL 33411

**Every Monday & Wednesday
from 10:30-11:30am**



To Register Call (561)790-5149

These group exercise classes (6 week sessions) are specific to the needs of people with Parkinson's disease (PD), care partners and others with PD related symptoms. These classes will improve your flexibility, strength, balance and coordination. Classes are taught by Licensed Therapists and Certified Professionals.

There is a small fee to attend these classes

