

A white silhouette illustration of two people riding bicycles, positioned above a large, flowing orange and white graphic that separates the header from the main text.

PEDALING FOR PARKINSONS

Pedaling for Parkinson's™ is based on research indicating that forced exercise on a bicycle can reduce symptoms of Parkinson's Disease. In fact, participants who ride three days a week over eight weeks have shown improvement in their Parkinson's-related symptoms by as much as 35%. Workouts will be built around the research and will also include motivating music and conversation.

Participants can attend with a support person.

Through generous funding, this program is **FREE FOR ALL.**

TUESDAYS & THURSDAYS

1:30-2:15 p.m. • Downtown YMCA • Studio 1

Registration required.

Contact Lindsey McMullin at lindseymcmullin@oshkoshymca.org with questions or to get started!

OSHKOSH COMMUNITY YMCA • www.oshkoshymca.org

Downtown • 920-236-3380 • 324 Washington Avenue