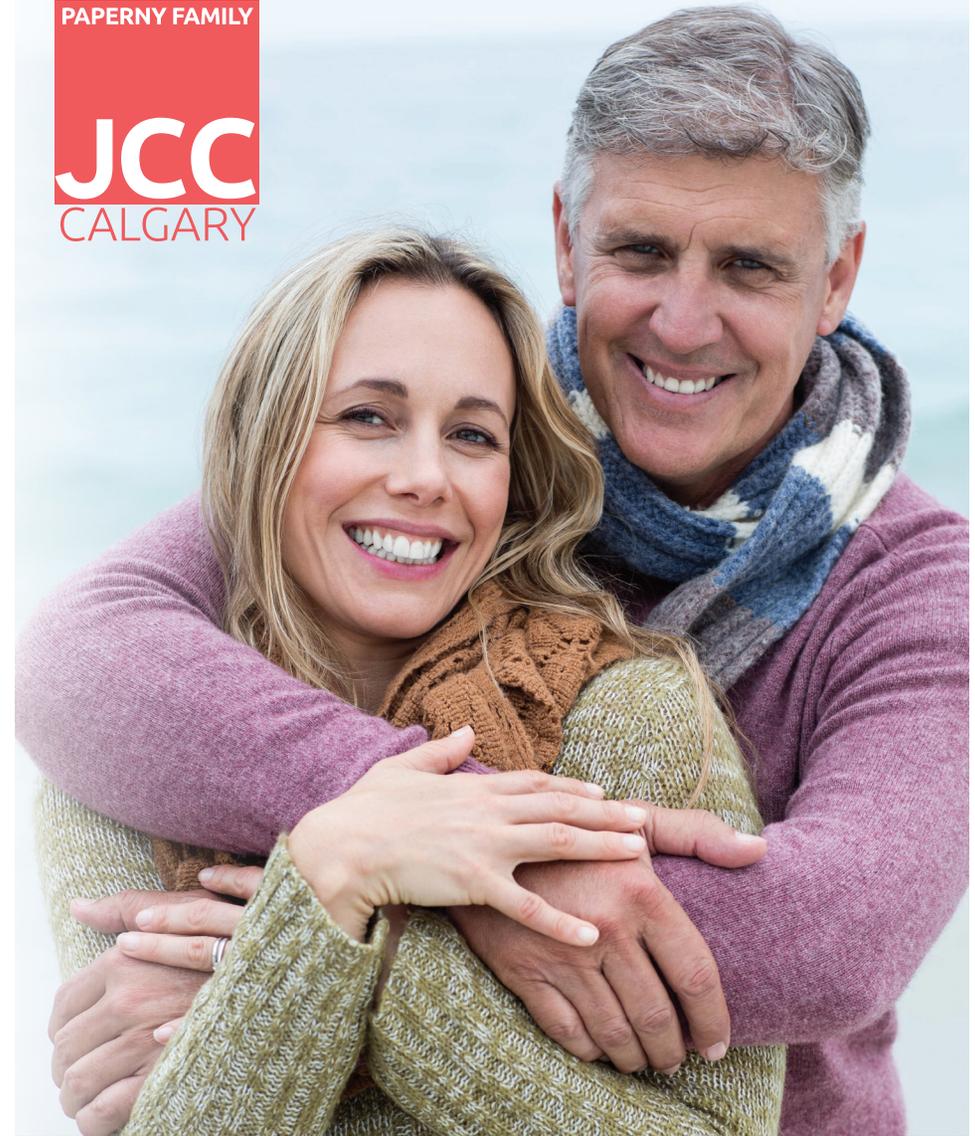




calgaryjcc.com

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Calgary, AB T2V 4V7



PWR! Moves
for people living with Parkinson's disease

The **PWR! Moves** program
assists to mitigate
symptoms and rebuild
mobility and functionality.



Start with a PWR! Moves Assessment and move into a class tailored specifically for you.

PWR! Moves Assessments

A one-time assessment is required prior to enrollment.

Book your assessment: Contact Cherlene Magnuson at cmagnuson@cjcc.ca or 403-444-3159.

Assessment Cost: \$49

Assessment times vary and may be approximately 60 to 90 minutes in length.

PWR! Moves Lifestyle Membership

Membership is \$85 per month and includes:

In-person PWR! Moves Classes:

Mondays, Wednesdays, and Fridays, 1:15 - 2:15PM

In-person Urban Poling Classes:

Mondays*

Gentle Chair Yoga Classes:

Fridays*

Virtual Recordings*

Classes are offered continuously through the year.

**With safety approval.*