

Parkinson's Exercise & Support Group

Presented By: VNA Community Healthcare & Hospice

Join us to share your experiences, challenges and concerns, and for exercises to improve strength, balance and flexibility.

Held on the 3rd Monday of each month
from 1:00 - 2:00 p.m.

Miller Senior Center
2901 Dixwell Ave., Hamden



For more information, call VNA Community Healthcare & Hospice's toll free helpline: 1.866.474.5230

Supported by the town of Hamden.



Turn to us:
753 Boston Post Rd.
Guilford, CT 06437

2319 Whitney Ave.
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vnacommunityhealthcare.org