



# YOGA FOR PARKINSON'S at the Charlottesville Senior Center

**Mondays 11am-noon  
& Thursdays 10:45-11:45 am**

**1180 Pepsi Place  
Charlottesville, VA  
[www.seniorcenterinc.org](http://www.seniorcenterinc.org)**

**Addressing the needs of  
people with Parkinson's**

Through yoga, we work with such issues as balance, flexibility, gait, strength, facial expression, articulation, posture, and "functional fitness" like getting up and down from the floor, and in and out of a chair.

We also connect and support each other through discussion and the camaraderie of shared experience.

Please feel free to drop in and try a class at no charge.

The Senior Center does offer full or partial scholarships to participants if need be.

For more information contact the Charlottesville Senior Center:  
**(434) 974-7756**