

# STEP BY STEP

## 12- WEEK WALKING PROGRAM

*Join us for a community fitness program  
for people with Parkinson's!*

Step by Step is aimed at improving the symptoms of Parkinson's disease through physical fitness.

Participants are encouraged to walk daily, while tracking your progress towards a self-determined end goal. You will also join us weekly for community walks to share in support, motivation, and socialization!

We hope to help you gradually increase the time and distance of your walks, in order to guide you towards a regular exercise routine for Parkinson's wellness. Walkers will be provided with the tools and tips they need to succeed, with support from their community leader and fellow participants!

For more information, please contact:

***We can't wait to see you there!***