

OHIOHEALTH

# DELAY THE DISEASE™

The #1 Parkinson's Exercise Program

## What is Delay the Disease?

OhioHealth's **Delay the Disease™** group exercise program is designed to empower people living with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms.

Classes are open to all fitness levels and will focus on improving balance, strength, cardiovascular endurance and mobility.

## Where is the program offered?

OhioHealth Ontario Wellness Complex  
Health & Fitness Center  
1750 West Fourth Street  
Mansfield, Ohio 44906  
(419) 526.8900

## When are the classes held?

"Drop in classes" designed to accommodate all fitness levels meet on **Mondays, Wednesdays and Fridays** from **1:00-2:00pm**.

These ongoing classes run continuously. Participants may join the class at any time.

## Who can participate?

The **Delay the Disease™** group exercise program is designed for anyone living with Parkinson's disease. A spouse or caregiver is invited to accompany/assist the participant at no additional charge.

## How do I enroll in the program?

Registration is required. Please arrive early or stop by the fitness center beforehand to complete the necessary paperwork.

**Fitness Center Members:** \$3.00 per class or \$20.00 for 10 classes pre-paid

**General Public:** \$7.00 per class or \$50.00 for 10 classes prepaid

For More  
Info

Visit [DelaytheDisease.com](http://DelaytheDisease.com) or contact OhioHealth Ontario Wellness Complex at (419) 526.8900 or email [OntarioHFC@ohiohealth.com](mailto:OntarioHFC@ohiohealth.com)

