



# HELPING YOU LIVE BETTER

PEDALING FOR PARKINSON'S

**ROSCOE BRANCH**  
9901 Main St  
Roscoe, IL 61073

**Mon. Wed. Fri.**  
11:15am - 12:00pm

## PROGRAM REQUIREMENTS

- **THIS PROGRAM IS NO COST**
- Age 30-75
- Have a diagnoses of Idiopathic Parkinson's Disease
- Complete & submit a signed consent form and medical clearance
- Agree to periodically monitor progress
- May not have cardiac or pulmonary disease, uncontrolled diabetes mellitus, uncontrolled hypertension or stroke, dementia or other medical conditions that are contraindicative to exercise



QUESTIONS? Contact Erin Scott at [escott@statelineymca.org](mailto:escott@statelineymca.org)