

Brain Health & Wellness

Weekly class on
Mondays (before
July 10) or Fridays
(after)
1:00- 2:00 pm
Game Room

- Take your stroke recovery to the next level.
- Learn the latest science about exercise and MS.
- Learn to manage symptoms of Parkinson's Disease.

Discussion and exercise group led by **Lisa Stuebing, CPT**, a member of the International Parkinson's and Movement Disorder Society.

Fee: \$5 for members;
\$6 non-members

Call ahead to ensure class will be held:
206-365-1536

**Shoreline Lake Forest Park
Senior Center**
18560 1st Ave. NE
Shoreline, WA 98155

