



PADRECC Exercise Class

Friday's at 11am

**Sitter & Barfoot Veterans Care Center
(SBVCC) Community Room**

SBVCC is located at 1601 Broad Rock Blvd across from parking lot 8A

Exercise Class for Veterans with Parkinson's Disease

Every Friday: 11:00 am – Noon



**Join us for stretching, tai chi,
yoga, BIG movements,
dancing, singing and
voice practice & more!**



PADRECC patients and SBVCC residents are eligible to participate.
Contact: Lynn Klanchar, RN (675-6952) or Dr. Qutubuddin (675-5931) at PADRECC; Mandy Fisher, CTRS (371-4687) at SBVCC.