

# STEPS TO WELLNESS



**PARKINSON'S  
CONNECTION**  
KATZ JCC, CHERRY HILL, NJ



**This Parkinson's Foundation Community Grant funded program supports individuals living with Parkinson's through a low-cost, flexible fitness membership that includes five weekly classes:**

- **Pedaling for Parkinson's - Mondays, 12:30pm**
- **VIRTUAL Raise Your Voice Speech Therapy - Mondays, 2pm**
- **Ping Pong for Parkinson's - Wednesdays, 4pm**
- **Mindful Balance - Thursdays, 1pm**
- **HYBRID Yoga for Parkinson's - Fridays, 11am**
- **BONUS: BIG for Life, a group class version for graduates of LSVT Big physical therapy, offered in 4-week sessions led by Justina Snyder, DPT. Dates TBA.**

**\$20/MONTH FOR JCC MEMBERS**

**\$30/MONTH FOR GUESTS**

**THIS PROGRAM IS SUPPORTED BY  
A COMMUNITY GRANT FROM**



**To register, contact Megan Matis at  
[mmatis@jfedsnj.org](mailto:mmatis@jfedsnj.org) or 856-424-4444 x1151**