



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ACTIVE BODIES ACTIVE MINDS



## PEDALING 4 PARKINSON'S

YMCA OF METROPOLITAN CHATTANOOGA

### WHAT IS PARKINSON'S?

Parkinson's disease is caused by a breakdown in the nerve cells in the brain. The affected nerve cells do not produce enough dopamine, which affects your ability to move the way you want. Tremors, stiff muscles, slow movement, and trouble with balance or walking are all symptoms of Parkinson's disease.

In time, Parkinson's affects muscles throughout the body, leading to difficulty with swallowing, digestion, facial movements and more.

### PEDALING FOR PARKINSON'S MISSION

The mission of Pedaling for Parkinson's is:

- To improve the quality of life of Parkinson's disease patients and their caregivers.
- To educate patients, caregivers, and the general public about the benefits of maintaining an active lifestyle after a Parkinson's diagnosis.
- To support research dedicated to the prevention and treatment of Parkinson's disease.

### PROGRAM INFORMATION

#### Who can participate?

Participants who:

- Are 30-75 years old
- Are diagnosed with Idiopathic Parkinson's disease
- Complete and provide a signed consent form and a medical clearance form
- Agree to periodically monitor their progress

#### When are the classes?

**North River:** Monday, Tuesday & Thursday

10:30 - 11:30 a.m.

Location: 4138 Hixson Pike  
Chattanooga, TN 37415

**North Georgia:** Tuesday & Thursday

1:30 - 2:30 p.m.

Location: 1735 Battlefield Parkway  
Fort Oglethorpe, GA 30742

**NEW  
CLASS!**

#### How much does it cost?

Classes are **FREE** for Y members.

#### How do I sign up?

Medical clearance and consent forms are available at the front desk, or online.

Once you provide the completed forms, a staff member will contact you to schedule an orientation and initial class session.

For more information, please contact:

**Megan Vermeer**

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