

Pedal For Parkinson's



Cycling increases certain proteins in the brain that help with movement and cognitive function, making it one of the most beneficial activities for keeping

Parkinson's symptoms under control.

Not only that, it improves posture, balance, coordination and reduces stress. The harder you pedal, the better!

Pedalling For Parkinson's Timetable

(Open to people with Parkinson's and care partners)

	Class 1 (Knaresborough)	Class 2 (Harrogate)
When:	Every Wednesday 11am Start (45 mins)	Every Thursday 2pm Start (45 mins)
Cost:	£5.60 Per Session	£5.60 Per Session
Venue:	Knaresborough Leisure & Wellness Centre King James Road Knaresborough HG5 8EB	Harrogate Leisure & Wellness Centre (Formerly Hydro) Jenny Field Drive Harrogate HG1 2RP
To Book:	Book via downloadable Brimhams active app or pay on arrival at reception	Book via downloadable Brimhams active app or pay on arrival at reception

Parkinson's UK Harrogate & District Branch

Learn more about Pedalling For Parkinson's at

<http://davisphinneyfoundation.org/programs/pedaling-for-parkinsons/>