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## PARKINSON'S DAY ONE FITNESS



Scan the code to the left to see what the experts say about exercise and Parkinson's Disease.

## TESTIMONIALS

"The months right after diagnosis were pretty dark. I remember crying so hard, I lost my voice. Now you can't keep me away from the gym! I love it here. These guys are my friends, my support system. I can't imagine what I'd do without them."



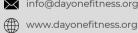
"My stamina has increased. My balance is better. My posture has improved. I am finding an overall improvement in my well-being. I just feel better."

## **GET INVOLVED**

Call us today to schedule a FREE introductory consultation!



803.265.1699



info@dayonefitness.org



