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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

🌐 www.dayonefitness.org

