

Moving Forward

Exercise Class for Individuals with Disabilities

- **Moving Forward targets the . . .**
special needs of individuals with disabilities resulting from stroke or brain injury.
- **Moving Forward addresses . . .**
overall fitness, but focuses on the problems most commonly seen with these disabilities.
- **Participants gain . . .**
social, educational and health related benefits.

People with disabilities should first consult a physician before beginning a physical activity program to which they are unaccustomed. A physician's release is required.

**Classes start
Tuesday, April 13, 2010**



Where? St. Camillus
813 Fay Road
Syracuse, NY 13219

When? Tuesdays & Thursdays
4:00 - 5:00 PM
April 13th - June 3rd

Cost? \$40.00 per 8 week program

Questions? Call 488-2951 ext. 141

To sign up, call 488-2112

*** Participants will need to be screened prior to joining the fitness group due to varying levels of abilities. Participants may be asked to bring an assistant with them if balance is a concern.*



St. Camillus
Educational Resource Center

Caring for life.®