

Do you or someone you know suffer from muscle weakness, balance impairment, or limited range of motion?

Suzy & the Shepherd University Wellness center are here to help!



Join us every Friday from 11 a.m.-12 p.m. for a **FREE Exercise as Medicine class***.

* Classes will focus on improving coordination, range of motion, balance, and overall strength. Modifications will be offered for all exercises to include sitting and balance support options.

* Classes are intended for helping those who have been diagnosed or are showing signs and symptoms of neurodegenerative and neuromuscular diseases.