

CITY OF FOUNTAIN VALLEY

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714-593-4400

PRESS RELEASE

Raymond H. Kromer, City Manager _____

TO: News Media

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Community Services Supervisor

714-593-4446

Parkinson's Exercise Class Fountain Valley Senior & Community Center

An exercise class catered to those with Parkinson's disease will be held on Mondays, March 28 to May 16, 2011 from 10:30am to Noon. This eight week program, for seniors, 55 and older, increases flexibility, strength, balance, coordination, improves communications, voice power and speech clarity. The class also helps delay the progression of symptoms and advancement to leading a fuller life. The class is based on John Argue's *The Art of Movement*. To register, call The Center at 714-593-4446. Class will be held at The Center at Founders Village Senior and Community Center, 17967 Bushard Street, Fountain Valley.

For more information on this program and other recreation activities, please call the Fountain Valley Recreation and Community Services Division at 714-593-4446.

Recreation and Community Services – Promotes Health and Wellness