



A diagnosis of Parkinson's disease can come with increased difficulty with fine motor skills. This class will focus on improving hand dexterity, strength and coordination. Each month we will tackle a specific task and send you home with ideas for practice.

Fine Motor Skills Class

**Classes are Held at Callan Harris PT
1328 University Ave, Rochester**

- ▶ Class time: First Thursday of each month from 1 - 2pm
- ▶ Topics covered:
 - ▶ Handwriting ▶ Using Tools
 - ▶ Dressing ▶ Typing & Texting...and more!
- ▶ Class size is limited - advance registration is required online or by email

Pricing:

- Individual: \$18 per Class
- 10 pk package: \$155
- Monthly Unlimited: \$139



lindsay@wellness360fitness.com

191 W Main St, Webster & 1328 University Ave, Rochester
Phone: 585-259-0782 ▶ Fax: 585-512-8372

www.wellness360fitness.com