

# DELAY THE DISEASE™ A Parkinson's Exercise Program

*Come put the power back into your step!*

## **INSTRUCTED BY:**

Nationally Certified Personal Trainers .

## **PROGRAM INCLUDES:**

Small group sessions 2x per week for 4-weeks

## **THIS PROGRAM IS APPROPRIATE FOR:**

Individuals in stage one, two or three of Parkinson's.  
**The participant must be fully independent.**

## **MANASQUAN LOCATION:**

Mondays and Wednesdays 1:00pm - 1:45pm

## **RED BANK LOCATION:**

Tuesdays and Thursdays 1:30 - 2:15

## **SESSIONS:**

Mon. April 5th – Wed. April 28th

Mon. May 3rd – Wed. May 26th

Mon. May 31st – Wed. June 24th

*Class size is limited!*

**PROGRAM FEE: \$120**

Delay the Disease™ is an evidenced-based fitness program designed to empower those living with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms. This national wellness program is designed to retrain mind and body.

## **Benefits Include:**

- Maintenance of independence
- Improve Strength
- Improve Posture
- Gain Confidence
- Improved quality of life
- Improve Balance

**MEDICALFITNESS**  
Association

*The Atlantic Club is a Medical Fitness Certified Facility.*

*Please contact the Atlantic Club for more information*

Manasquan: 732-223-2100 ext. 477

Red Bank: 732-219-5333 ext. 380



# [ ] Delay The Disease - A Parkinson's Exercise Program

Meets twice per week for 4 weeks and follows the ACSM (American College of Sports Medicine) guidelines.

Patient is cleared for unsupervised exercise. If there are any precautions/restrictions please list here.

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### Patient Information

Patient name. ....

Patient phone. ....

Patient email. ....

Date of Birth. .... / .... / ....

### Provider Information

Provider name (print) . ....

Provider signature **X** . ....  
SIGN HERE

Date . . . . / . . . . / . . . .

Provider phone . ....

Provider fax. ....

### Fax completed form to:

The Atlantic Club Fitness & Wellness Center locations:

MANASQUAN, NJ

1904 Atlantic Avenue  
Manasquan, NJ 08736  
phone 732.223.2100  
fax 800.758.0948

RED BANK, NJ

325 Maple Avenue  
Red Bank, NJ 07701  
phone 732.219.5333  
fax 800.853.5519

### Provider Stamp

www.theatlanticclub.com

thank you for prescribing exercise.