

Parkinson's Program

Check out Northwestern Medicine Lake Forest Health & Fitness Center's Parkinson's Program!

Parkinson's offerings:

TRX®	Pilates
Pedal	Functional Fitness
Strength and Balance	Rock Steady Boxing
Stride and Strength	Aquatics
Yoga	Support Group

For more information, please visit the
Member Services Desk, lakeforesthfc.com or
call 847.535.7060.

Parkinson's Support Group

Date and Time

Second Wednesday of every
month, 10:00 am - 2:00 pm

Location

Northwestern Medicine Lake
Forest Health & Fitness Center

Special Note

No registration required for
the Parkinson's Support Group.
Registration is required for all
other Parkinson's classes.

Northwestern Medicine
Lake Forest Health & Fitness Center
1200 North Westmoreland Road
Lake Forest, Illinois 60045
847.535.7000

lakeforesthfc.com

