



# PWR!4Life™

## Parkinson's Wellness Recovery

**NEW PARKINSON'S PROGRAM PROVIDES HOPE**



Genacross Lutheran Services now offers specialty services with PWR certified Physical Therapist Elishia Sutter, DPT, for people with Parkinson's disease. This program is more than just exercise; it is empowering those living with Parkinson's by optimizing their physical function and helping them to delay the progression of symptoms.

All people with balance or movement disorders are welcome to participate.

### Genacross Lutheran Services Sandusky Campus

(formerly Lutheran Memorial Home)  
795 Bardshar Road  
Sandusky, OH 44870

**419.502.5713**

Fall Session begins  
October 16.  
6-Week Session  
for \$20.00

Sandusky Campus  
Classes:  
Mondays and  
Wednesdays  
11 a.m. - Noon  
Multi-purpose room

Bring this flyer  
and receive  
10% off  
this session.