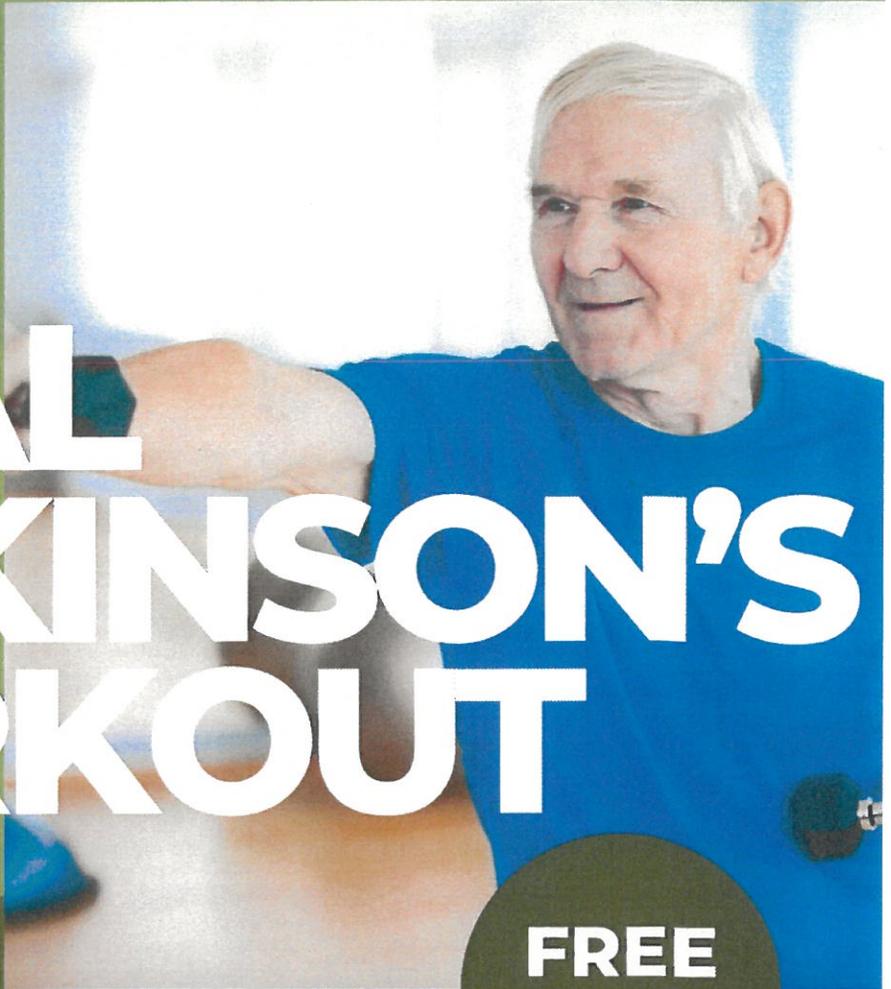


TOTAL  
HEALTHWORKS  
AT SWIRCA

# TOTAL PARKINSON'S WORKOUT



**FREE  
CLASS**



## About Us

We are a group exercise class serving individuals in the community diagnosed with Parkinson's disease.

THURSDAY  
4:45-5:30 PM

LOCATION  
SWIRCA  
16 W Virginia St,  
Evansville, IN 47710

Rachael Howey, DPT, PT  
Total Parkinson's  
Instructor

Contact Rachael Howey  
Phone: 618-708-1208  
Email: rachaelhowey@yahoo.com