

Pedal For Parkinson's



Cycling increases certain proteins in the brain that help with movement and cognitive function, making it one of the most beneficial activities for keeping Parkinson's symptoms under control.

Not only that, it improves posture, balance, coordination and reduces stress. The harder you pedal, the better!

Parkinson's Harrogate **Pedal For Parkinson's** At Harrogate Leisure & Wellness Centre

When:	TBC
Cost:	£TBC Per Session
Venue:	Spin Studio Harrogate Leisure & Wellness Centre (Formerly Hydro) Jenny Field Drive Harrogate HG1 2RP
Reservation:	TBA Email: Tel:

Parkinson's UK Harrogate & District Branch