



With Roger Bowden



## Dynamic Sitting Classes For People with Parkinson's

Explore how gentle movement and awareness can help reduce pain and discomfort, and improve flexibility, mobility and balance.

Learn how a dynamic posture can influence our breathing and ability to move freely.

Where: Ballina CWA Hall, River Street (next to RSL)

When: Thursdays 4pm—5pm, starts 12th October

Cost: \$78 (6 classes) or \$15/class casual

**Numbers will be limited so if you are interested  
please book by calling Roger on 0411 022 262**