



BUILDING
OUR
LEGACY

SUPPORTING VITAL PROGRAMS FOR PARKINSON'S DISEASE

For many older adults living with Parkinson's disease, maintaining an active lifestyle is crucial to managing symptoms, improving quality of life, and fostering a sense of community. The disease, which primarily affects adults over the age of 60, presents unique challenges, including mobility limitations, balance issues, and decreased muscle strength.

In response, our YMCA of South Palm Beach County offers a variety of specialized programs designed to help participants manage, maintain, and even prevent symptoms associated with Parkinson's such as **Parkinson's Surf & Turf, Parkinson's Cycle, and Parkinson's Dance**. These programs provide participants the opportunity for exercise that enhance their physical health, emotional well-being, and social connection.

Our YMCA is proud to announce that we have received a generous **\$10,000 grant from Boca Regional Hospital Foundation to support Parkinson's programming**. Without external funding, these programs are extremely difficult to offer to the community at no cost to participants. This grant will help ensure that participants can continue to benefit from these programs, empowering them to manage their symptoms and maintain their independence.

If you are interested in supporting our Y's **Community Health** programs or initiatives:

[CLICK HERE](#)



YMCA OF SOUTH PALM
BEACH COUNTY
RECOGNIZES



\$10k Donation

BENEFITING PARKINSON'S
DISEASE PROGRAMS



If you're interested in learning about our Y's Parkinson's programs, click [HERE](#).



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