

# Pickleball for Parkinson's!



**When:** Wednesdays, 2:00-4:00pm

**Where:** Seymour Senior Center  
2551 Homestead Road  
Chapel Hill, NC  
(In the Great Hall, bottom floor)

**Cost:** Free

***No prior experience is necessary!***

Try a new exercise! Learn about the fundamentals of this fun, aerobic sport and meet others in the Parkinson's community while you're at it.

For safety reasons, pickleball is best for those who do not experience moderate to significant balance or walking difficulty.

***No registration is needed – just show up with your sneakers!***

For questions, please contact Dennis Caren at [dwcaren@gmail.com](mailto:dwcaren@gmail.com)

With support from



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