

# Pickleball for Parkinson's!

## ★ Hillsborough ★



**When:** Mondays, 3:30-5:00pm

**Where:** Passmore Center  
103 Meadowlands Drive  
Hillsborough, NC

**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 Tom Cronley at [tpcronley@gmail.com](mailto:tpcronley@gmail.com)

With support from



CHAPEL HILL PICKLEBALL



UNC  
SCHOOL OF MEDICINE  
Department of Neurology