



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Welcome to the Valley Shore YMCA,

I would like to take this opportunity to welcome you to the Valley Shore YMCA and the **OhioHealth™ Delay the Disease** wellness program. Delay the Disease™ is an evidence-based fitness program designed to empower those living with Parkinson's disease by optimizing physical function, helping delay the progression of symptoms and improving participant's mental and emotional health. Participants observe improvement in posture, balance, handwriting, mobility, speech volume and daily functional challenges. My number one priority for this class is safety and providing participants with hope and inspiration to not let Parkinson's disease define them.

As a Wellness Coordinator, Personal Trainer and Group Exercise Instructor for the Valley Shore YMCA, working with folks to improve their health and overall well-being is one of my passions. Working with me in this exciting program is Mary Charlton, who is also Personal Trainer and Group Exercise Instructor here at the Y as well as a long-time Registered Nurse. We both have completed training at OhioHealth™ with David Zid and Jackie Russell, the founders of Delay the Disease this fall and are looking forward to bringing this program to our community.

Classes will begin October 25 at Valley Shore YMCA from 1:00pm – 2:00 pm, Tuesdays and Thursdays. For additional information or if you have any questions, please contact me anytime at 860-399-9622 ext. 121.

I look forward to meeting you.

Yours in Health,

Ellen Nichele
Wellness Coordinator
Valley Shore YMCA
enichele@vsymca.org

Valley-Shore Y

201 Spencer Plains Road, Westbrook, CT 06498
P 860 399 9622 F 860 399 8349 www.vsymca.org