



# WELLNESS PASSPORT



Small group class for people recovering from and living with neurological injuries such as:

- Stroke
- Brain injury
- Spinal cord injury
- Parkinson's disease
- Other related conditions

## Benefits

- Improved body awareness
- Increased strength
- Progressive exercises to improve flexibility & balance
- Small classes for individualized adaptation of exercises

## Where

YMCA Community HUB  
805 W Franklin Street  
Boise, ID 83702

## To Register

Email: [mary.biddle@ymcatvidaho.org](mailto:mary.biddle@ymcatvidaho.org)

Phone: 208-344-5502 ext. 276

## Schedule

**2 Days a week: 1:00-2:00pm**

- Tuesday – Resistance Training
- Thursday- Yoga

## Cost (monthly)

- \$45 YMCA Members
- \$70 Non YMCA Members

*Financial Assistance Available*

*In Collaboration with:*



**Wheelchairs  
Welcome**