

LOCAL CLASSES FOR PEOPLE WITH PD 2020

Classes	Location	Instructors	Contact Info	Day
Parkinson's Disease Movement	Berkeley Adult School 1701 San Pablo Av., Berkeley	Jan Hetherington	http://bas.berkeleyschools.net jan@moves-to-improve.com 510-644-6130	Thu
Thriving with Parkinson's	Lodge at Harbor Bay 801 Island Dr. Alameda	Alysa Stanford	AESTherapy@AECLiving.com 510-748-0158	Wed & Fri
Water Works (aquatic fitness)	Bellevue Club 525 Bellevue Av., Oakland	Kate Johnson	kfullerjohnson@gmail.com 510-891-0463	Mon/Fri

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