

PROGRAM OVERVIEW

Delay the Disease is a life-changing program expressly designed for people with Parkinson's disease.

Led by Carol Giangiordano, OhioHealth Delay the Disease certified instructor, this fitness and education program improves the physical, mental, and emotional realities of Parkinson's disease patients. Program participants experience improvements in mobility, posture, balance, handwriting, speech volume, and a reduction in daily functional challenges. The classes are a source of fun, social camaraderie, and hope. Participants learn that they CAN manage their disease through exercise.



www.DelayTheDisease.com



Cool Springs Fitness & Aquatics

**DELAY THE
DISEASE**
Parkinson's Disease
Exercise & Education



724-662-1910

www.CoolSpringsFitness.com



INSTRUCTOR

Carol Giangiordano



Carol became involved with the Delay the Disease exercise program shortly after her brother was diagnosed with Parkinson's in 2013. A good friend from the Columbus, OH area, where the program originated, connected Carol with David Zid, the

creator of the program. Mr. Zid welcomed Carol into his class to observe and gain knowledge which would enable her to work with her brother and help him regain the mobility he had lost. Carol was soon encouraged and motivated to pursue the certification required to start a Delay the Disease class in the Mercer, PA area.

Hometown: Mercer, PA

Education: Grove City College, with degrees in math, elementary education, and math education

Family: mother of 4

Home: lived in various states then returned to Mercer area 9 years ago

Employment: Midwest Intermediate Unit IV until 2011

Other Talents /Interests: aerobics instructor, Kindergym, YMCA fitness specialist, and a long history of interest in fitness.

SCHEDULE & RATES

Classes meet

**Monday / Wednesday/ Friday
10:00 to 11:00 AM**

Delay the Disease is a specialized class designed to meet the needs of people with Parkinson's Disease. Your instructor provides individualized attention to each participant to help insure safety and effectiveness in class.

A new class is now forming.

Monday / Wednesday 4:00 to 5:00 PM

Please call 724-662-1910 if interested.

Monthly & Daily Rates

Delay the Disease Program

*Cool Springs Fitness Members

Parkinson's Disease participant: \$45.00

Non-Members

Parkinson's Disease participant: \$60.00

Fee Per Class

Member: \$5.00

Non-member: \$10.00

**This class is not included in the membership packages at Cool Springs Fitness.*

CLASS DETAILS

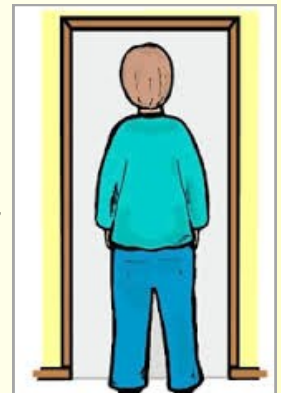
This class includes physical activity, so participants should wear athletic shoes or the shoes recommended by a doctor. Also, comfortable clothes which allow free movement and exercise should be worn.

Examples: athletic pants, loose-fitting pants, T-shirt, sweatshirt, moisture-wicking tee, golf shirt



Cool Springs Fitness participates with SilverSneakers and Silver & Fit programs. If you qualify for either of these programs through your Medicare insurance supplement, your membership is free, and you pay the member rate for the "Delay the Disease" program at Cool Springs Fitness.

"Often when Parkinson's patients are diagnosed, there is a feeling of helplessness and loneliness. Delay the Disease not only gives people encouragement, knowing they CAN do something about Parkinson's, but it also gives them camaraderie and hope!"



~Carol G.