

# Ping-Pong for *Parkinsons*



## Tom Sykes Recreation Center Multipurpose Room 1

1501 Euclid Avenue • Charlotte 28203

**1-3pm • Fridays • March 3-31**

Ping-pong has been suggested to be an activity that could help slow the progression of Parkinsons.

We invite those with Parkinsons, their caregivers and other adults who might enjoy the exercise to attend.

Beginners welcome! Lessons available.

The cost is \$1 per person. All equipment provided.

For more information call Tom Sykes Recreation Center at 980-314-1113.

The Tom Sykes  
Recreation Center  
is in Dilworth at  
1501 Euclid Avenue.

Park behind the center at  
the tennis courts and walk  
around the center to the  
marked entrance.

Multipurpose Room 1  
will be on your right.

