

3M Exercise Group - Music, Motion & Mobility

An exercise group for people with neurological conditions.

Music is used to stimulate the group's effort level and pacing. Activities are chosen that foster skills needed for safe walking. Exercises in sitting and standing are led by physical therapists who specialize in working with those with neurological concerns.

Classes suitable for people with the following conditions who want to focus on the following skills:

Conditions

- Multiple sclerosis
- Parkinson's disease
- Peripheral neuropathy
- Stroke
- Epilepsy
- Mild Cognitive Impairment

Skills

- Balance
- Coordination
- Endurance
- Flexibility
- Posture
- Sensory stimulation
- Strength
- Walking

Spouses or caregivers may also participate with approval from their physician.

Participants should wear comfortable, roomy clothing and secure, supportive shoes. Safety is important. The participant must be able to move independently, with cane or walker as needed, or have someone present to provide support.

Cost is \$3 per class or \$30 for 11 classes. See map on back of this sheet for room location.



What is Required Prior to Attendance?

A registration sheet signed by a physician recommending participation is required, but a formal prescription for physical therapy is not needed.

For more information about the class or participation call Neuro Patient Support at 616.685.4444 or send an email to neuropatientsupport@mercyhealth.com

Location

3M Exercise Group Class

Every Wednesday & Friday
1:30–2:30 p.m.

245 Cherry Street SE
First Floor Conference Room

Walk through lobby, past
elevator and stairs.
Conference room is on right.

*Cost is \$3 per class or
\$30 for 11 classes*

Parking

Park in the lot west of
the building.

