



**Trainer Workshop
with Meredith Polzin**

Exercise Guidelines For Special Populations

Parkinson, Stroke, Cancer and Arthritis

**September 9th at 5:00 p.m. or
September 27th at 10:00 a.m.
1st Floor Conference room**

Join Personal Trainer Meredith Polzin as she discusses important exercise guidelines for special populations such as Parkinson's disease, Stroke, Cancer, and Arthritis. Meredith will educate you on how exercises, stretching and fostering an exercise program is safe and beneficial.

**To register, Please call the Fitness Desk at
(262) 513 - 7214 or email anne.barber@phci.org**