



LET'S TALK NEUROBICS!

WITH HATCH FITNESS

Friday, May 22 | 11am - 12pm | Holz Pavilion Chapel

The Movement Disorder Group is designed to support individuals living with conditions such as Parkinson's disease, essential tremor, Tourette's, MS, dystonia, restless leg syndrome, and more.

This session is open to anyone interested in exploring the benefits of Neurobics, which is aerobics for your brain! A brain-body fitness experience that combines physical exercise with mental stimulation to enhance cognitive function, coordination, and neuroplasticity.

This class is ideal for older adults, individuals with neurological conditions and movement disorders, or anyone seeking to improve memory, focus, and mental agility in a fun and supportive environment. Participants engage in a series of light physical movements followed by cognitive challenges — such as solving simple puzzles, recalling patterns, and switching between tasks.

Join in the activities or watch the team from Hatch Fitness.

FREE EVENT - OPEN TO THE PUBLIC

Registration appreciated but not required. Residents can sign up via the portal.

Questions? Please contact Jen Graf
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262.965.7133 or jgraf@threepillars.org.

**Movement
Disorder
Group**



Three Pillars
SENIOR LIVING COMMUNITIES