**Media Contact:** Sharon Kaytes, director of marketing, 267-291-3902, skaytes@thebirchesatnewtown.com



**FOR IMMEDIATE RELEASE**

**Parkinson’s exercise class, FOX BIG for LIFE, at The Birches**

NEWTOWN, Pa., May 19, 2022 — The Birches at Newtown and FOX Rehabilitation bring a research-based exercise approach to treating Parkinson’s disease with FOX BIG for LIFE, a free community program open to the public. Join us every Tuesday this month, beginning June 7, from 12-1 p.m., at 70 Durham Road in Newtown.

Ideal for people who have completed the LSVT BIG treatment, which focuses on the limb motor systems, our FOX BIG for LIFE is a small exercise group using similar methods and facilitated by an LSVT BIG certified therapist. Exercise routines are specific to help manage and improve symptoms of Parkinson’s disease, including posture and balance, range of movement, strength, and endurance. Class size is limited, and a reservation is required to participate.

To RSVP, please call 215-497-7400.

# # #

The Birches, Newtown, PA offers Personal Care and Memory Care in a unique retirement community. Residences are available on an affordable month-to-month lease with no buy-in fees. Resident services include meals, housekeeping, medication management, social events and transportation. For more information about The Birches, please call 215-497-7400 or visit [www.thebirchesatnewtown.com](http://www.thebirchesatnewtown.com).