

## Community Exercise Classes for LSVT® Big and Loud Graduates



### What:

Community exercise classes in a group setting led by therapists certified in LSVT technique. A great way for participants to review exercises, renew their enthusiasm for completing home exercises, interact with others who have completed LSVT, and have some fun!

### When:

First and third Thursday of each month  
Big (physical therapy) 10-11 a.m.  
Loud (speech therapy) 11 a.m. - 12 p.m.

### Where:

**Big:** ExerCare Fitness Center on the  
United Hospital Campus

**Loud:** Courage Kenny Conference Room  
at United Hospital

### Who:

Graduates of LSVT Big and/or Loud

### Cost:

\$5 per class.

### Registration:

Call 651-241-8290 to register at least  
one day prior to each class.