ACERCISE

GROUP EXERCISE PROGRAM

Empowering Movement Through Community



ABOUT ACERCISE:

- ACErcise is a group exercise program for individuals with neurologic conditions. Diagnoses may include Parkinson's disease, stroke, spinal cord Injury, traumatic brain Injury, etc.
- Sessions focus on endurance, strength, balance and walking.
- ACErcise is led by University of Evansville Doctor of Physical Therapy students. Participants are paired with students each session to provide individualized exercises based on abilities and goals.
- ACErcise is a great way to stay active in a safe and fun enviornment!



SESSION & CONTACT INFORMSTION:

Fall & Spring Sessions: Tuesday & Thursday
5:15-6:00 PM
6:15-7:00 PM
Location: University of Evansville's Campus
Contact Us: 812-610-9463
Fax: 833-345-3918
Website: https://www.evansville.edu/majors/physicaltherapy/acecare-acercise.cfm

University of Evansville