

For Immediate Release

## **The Center at Belvedere Receives Parkinson's Foundation Grant to Offer Free Yoga Classes for the Parkinson's Community**

**CHARLOTTESVILLE, VA (September 2024)** – The Center at Belvedere has received a grant from the Parkinson's Foundation to offer free yoga classes for individuals with Parkinson's Disease and their caregivers. Starting Monday, October 7, instructor Allie Redshaw will lead classes every Monday and Wednesday from 3:30 to 4:15 pm at The Center.

Yoga provides many benefits to individuals living with Parkinson's Disease, including improved balance, flexibility, and muscle strength. It also helps alleviate common symptoms such as stiffness and tremors, while promoting relaxation and stress relief. Caregivers are encouraged to attend alongside participants, providing them with physical and mental support.

“We have offered a variety of programs to the Parkinson's community for many years and are very grateful to now have support from the Parkinson's Foundation to keep them high-quality and accessible,” said Melanie Benjamin, Executive Director of The Center at Belvedere. “Yoga is a valuable tool for enhancing mobility and well-being for people with Parkinson's, but just as importantly, it provides a supportive space for participants and their caregivers to connect with others facing similar challenges. We are proud to expand our offerings to this community.”

The classes will be accessible to all levels of mobility, and no prior yoga experience or Center membership are required. Free registration is available at [thecentercville.org](http://thecentercville.org).

### About The Center at Belvedere

The Center at Belvedere is a nationally accredited, award-winning nonprofit organization that creates opportunities for healthy aging through social engagement, physical well-being, civic involvement, creativity, and lifelong learning. With a mission to empower older adults to age to their fullest potential, The Center offers a variety of programs that enhance the overall well-being of its members.