



## Pedaling for Parkinson's!

# WANTED!

**Volunteer cyclists willing to spin on a stationary tandem bike to assist people challenged by Parkinson's... WE NEED YOUR LEGS!**

**Generation Care is part of a research project sponsored by Cleveland Clinic using high speed, forced velocity movement to improve symptoms of Parkinson's disease.**

- We need riders who can spin at 80-90 RPM's for 40 minutes 3 x week.
- Tandem bikes are available at both Generation Care clinics in Muskegon (945 Sherman Blvd.) and Grand Haven (16760 Lincoln St.)
- Riders would be fully oriented to the program upon sign up
- You can ride as little or much as you want! We are hoping to team you with partners that work with your schedule through the winter.

For more information, call Sean or Holly Deur at 231-737-4374. To become a Lead Rider, call 231-737-4374 (Muskegon list) or 616-935-3300 (GH list)

**STARTS OCTOBER 30, 2011!!!!**