

Benefits of Safe Exercise for Individuals with Cerebral Palsy

Join the Shirley Ryan AbilityLab Adaptive Fitness Center for a free Education Session to learn about the benefits of safe exercise for people with Cerebral Palsy. Guest speaker Linda Kliebhan, physical therapist and specialist on Cerebral Palsy, will discuss how exercise can improve **muscular endurance** and **strength**, **cardiorespiratory health**, and **joint range of motion**.



- What:** Benefits of Safe Exercise for Individuals with Cerebral Palsy
- Where:** Adaptive Sports and Fitness Center, 541 N. Fairbanks Ct., Mezzanine Level
- When:** Wednesday, March 20, 2019
1:00-2:00pm
- COST:** FREE