

**TOTAL
HEALTHWORKS**

EVIDENCE-BASED
LIFE-CHANGING FITNESS

for Alzheimer's,
Parkinson's & Adults 50+



Jackie Russell

David Zid

Welcome to Total HealthWorks – an evidence-based virtual fitness platform created by the founders of the #1 Parkinson's group-exercise program in the country.

We help you maintain your independence by improving your:

Mobility

Balance

Strength

Memory

Cognition



Check out what we offer:

10 LIVE ONLINE
CLASSES EVERY WEEK

100'S OF ON-DEMAND
WORKOUTS

ONLINE 1-ON-1
PERSONAL TRAINING

SUITED FOR ALL SKILL & FUNCTIONAL LEVELS

Memberships:

Monthly Premium: \$19.95/month

Annual Premium: \$199.95/year

Try a Free Class! [Start today at TotalHealthWorks.com](https://TotalHealthWorks.com)