

# Panacea® Exercise Supplies



Exercise Ball



Putty Hand Exerciser



Soft Iron Dumbbell Sets



Cuff, Wrist & Ankle Weights



Exercise Band

## Benefits

- Low-cost, high-performance exercise bands
- Wrist and ankle weights that are contoured for the perfect fit
- Color coded for quick identification of different weights and consistencies
- Provide easy grip and help residents restore balance