

NEW....Parkinson's Support Group...

Open to PD patients, caregivers, friends and family



LIVING WELL WITH PARKINSON'S

Support groups give you the opportunity to be together with others in a caring and understanding environment. Ask questions and get straight answers from people who have been there. Learn creative and caring problem solving techniques, coping, and caregiving ideas.

WHERE:



20 Sherwood Place, Salinas, CA 93906

REAP Health & Wellness Program

(REJUVENATION-EDUCATION-ASSISTANCE PROGRAM)

ROOM S-1

WHEN: The Second Tuesday of every month.

TIME: 11:00-12:00pm

Sit & Fit Class 12:00-12:20 pm

~Discover that you are not alone in the way you feel~.

Contact: Helena Fox 408-656-4763 for more information
OR HELENA.FOX@SALINASUHSD.ORG