

# Parkinson's Support Group

SUPPORT GROUPS BRING TOGETHER PATIENTS &  
FAMILIES WITH SIMILAR EXPERIENCES AND  
PROVIDE USEFUL EDUCATIONAL INFORMATION.

- **Upcoming Topics & Speakers:** Each month, a different educational topic is presented by clinical experts in the treatment and management of Parkinson's.

<u>June 16</u>	Amy Hooyer, Certified Personal Trainer & Boxing Coach Rock Steady Boxing West Michigan
<u>July 21</u>	Dr. Ali, Spectrum Health Neurosurgeon Deep Brain Stimulation Surgery
<u>August 18</u>	Dr. David Bertram, Spectrum Health Neuropsychologist
<u>September 15</u>	Martha, Spectrum Health Licensed Medical Social Worker Advance Care Planning
<u>October 20</u>	Sarah Raguckas, Pharmacist PD Supplements and Adherence Aids for Medications
<u>November 17</u>	Optimizing Nutrition in Parkinson's Disease Spectrum Health Registered Dietician
<u>December</u>	NO SUPPORT GROUP DUE TO HOLIDAYS

- **When:** 3<sup>rd</sup> Tuesday of each month from 7:00 p.m. – 8:00 p.m.
- **Where:** Due to COVID, the Support Group is being held **virtual** until further notice. Please contact our Nurse Navigator for more information.

CALL: 616.447.1393

EMAIL: [KELLY.MCWILLIAMS@SPECTRUMHEALTH.ORG](mailto:KELLY.MCWILLIAMS@SPECTRUMHEALTH.ORG)

VISIT: [SPECTRUMHEALTH.ORG/PARKINSONS](https://SPECTRUMHEALTH.ORG/PARKINSONS)