

## We Are Back for 2022!!

### Power Parkinson's Support Group

#### Event Schedule



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| <b>March 2, 2022</b>   | Informative panel discussion on living with Parkinson, physical therapy and caregiving with Brian, Barb and Pat |
| <b>April 6, 2022</b>   | A representative from Michigan Parkinson Foundation   |
| <b>May 4, 2022</b>   | Dr. Sriram – Movement Disorder Specialist from Spectrum Neurology   |
| <b>June 1, 2022</b>  | Effective breathing for function, relaxation, and sleep led by Holly Lookabaugh-Deur PT, DSc, GCS, CEEAA        |
| <b>July 6, 2022</b>  | Summer Picnic   |
| <b>August 3, 2022</b>  | Elder law   |
| <i>More to Come! Sleep disorder topics, palliative care, Parkinson's Voice Project and our holiday party! If you have any ideas for speakers, or have a topic you would like to bring, please let us know so we can get you on the schedule!</i> |   |

### Please, for the safety of the group, be vaccinated and boosted 2 weeks prior to attending these meetings.

*Looking for individuals to volunteer! We have many opportunities for you to get involved and invest into this group. Please see any of the facilitators if you are interested!*

- 1. Set up- tables, bringing a snack, greeters*
  - 2. Testimonial- Volunteer to bring your story of your journey with Parkinson's*
  - 3. Librarian- Bring a current event in regards to Parkinson Research*
- And many more ways to help support our group!*

Support Group begins at 10:30am; Wraps up around 12:00 pm

Location: Norton Shores Public Library Community Room

For questions, please call Pat Green - 231-740-1967,

Eileen O'Brien – 231-955-0198, Barbara McFadden – 231-755-8067.

