

Capital District Parkinson's Support Group

Mission:

- To provide moral support and fellowship
- To raise awareness and disseminate information
- To act as a resource center

**Meets at 7 PM on the second Thursday of the month, online and in person
for programs and socializing**

Explore the web site. It's all there!

www.cdparkinsons.org

Local PD Exercise Classes

Exercise is medicine

The website has a list of of PD-specific, local classes:

- Boxing
- Dance
- Yoga
- Indoor biking
- And more



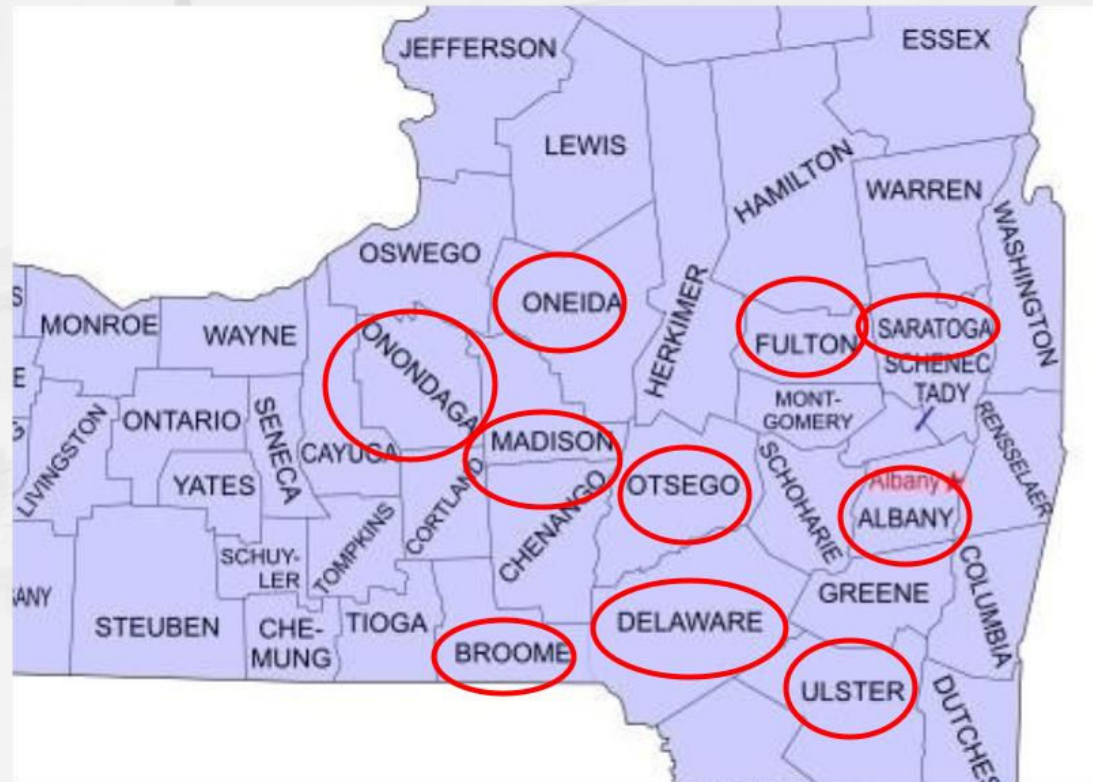
Social Events

Sunday, August 27, 2023 (*save the date*): In-person summer picnic at the Crossings Park in Colonie. Subscribe to our mailing list to get a reminder and details.



Community

On our website find:
Contact, meeting and event information for
PD support groups across upstate NY



Care Partner Support Groups

It is important that the care partner finds time to take a break from care partner duties, has some outside interests and has others they can turn to for support and resource information.

Care partner support groups. (All monthly)

Thursday evenings, Colonie, in person

Tuesday mornings, Clifton Park, in person

Thursday evenings, Zoom only

For more information, call or text **Nancy Eson (518) 281-6012**

PD SELF®

Parkinson's Self-Efficacy Learning Forum

An eight-session FREE virtual program for newly diagnosed Parkinson's patients and their care partners that gives an in-depth understanding of the disease and tools to manage it with confidence.

- **Held about every two weeks**
Online via ZOOM — Registration required
Free

www.cdparkinsons.org/pd-self or www.pdself.org

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**We hope to see you soon at a meeting,
social event, PD exercise class or
community event.**

www.cdparkinsons.org