

OUR UPCOMING EVENTS



PARKINSON'S EXERCISE GROUP CIRCUIT CLASS



Every Mondays
at 4pm \$20

Pre-requisite: No need of assistive device



FREE ONLINE PARKINSON'S EXERCISE GROUP CLASS



Every
Tuesdays
At 11 AM

Every
Fridays
At 2 PM

Meeting ID on Zoom: 137 031 533



PD SUPPORT GROUP FOR CARETAKERS



First Wednesday of
each month
at 4pm to 5pm

Dates: 2/7/24, 3/6/24, 4/3/24, 5/1/24, 6/5/24



HOSTED BY

DR. LENISSON "LENNY" CARNEIRO

DOCTOR OF PHYSICAL THERAPY

AND GUESTS

FREE WEBINAR SERIES "PARKINSON'S AND ME"

- ✓ Unwrapping a PD diagnosis and caring for each stage (Jan 31, 2024, 11 AM)
- ✓ Falls in PD. Watch out for that! (Feb 21, 2024, 11 AM)
- ✓ Cognition and Mental Health: shield the brain! (Mar 20, 2024, 11 AM)
- ✓ Nutrition in PD: What you eat and drink matters! (Apr 3, 2024, 11 AM)
- ✓ Caring for PD: empowering the Caretaker role (May 1, 2024, 11 AM)
- ✓ Wellness, Lifestyle, and Hobbies: keep moving with fun! (Jun 12, 2024, 11 AM)



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