



# Upcoming Parkinson's Support Groups: 2017

## Parkinson's Support Groups

Coping with Parkinson's disease is difficult—more difficult for some than for others. Whatever the case, this support group will facilitate with:

- Getting comfort and encouragement from others facing similar problems
- Realizing you are not alone
- Combating isolation and depression (a part of having Parkinson's)
- Obtain and share accurate information about Parkinson's disease, research, and treatment
- Resources in the community
- Promote public awareness and education

Refreshments are provided.

Free. No pre-registration required

Facilitator(s):

Rima Ash, MD,  
Doris Bersing, PhD  
Elke Tekin, PR,  
Tiffany R. Adams and  
Alex Provda

Further Information:  
Living Well 1-800-805-7104

- **January 10:** *Therapy Session by Living Well Assisted Living At Home*
- **February 14:** *Informational Session Presented by Kaiser Permanente*
- **March 14:** *Therapy Session by Living Well Assisted Living At Home*
- **April 11:** *Informational Session Presented by Kaiser Permanente*
- **May 9:** *Therapy Session by Living Well Assisted Living At Home*
- **June 13:** *Informational Session Presented by Kaiser Permanente*
- **July 11:** *Therapy Session by Living Well Assisted Living At Home*
- **August 8:** *Informational Session Presented by Kaiser Permanente*
- **September 12:** *Therapy Session by Living Well Assisted Living At Home*
- **October 10:** *Informational Session Presented by Kaiser Permanente*
- **November 14:** *Therapy Session by Living Well Assisted Living At Home*
- **December 12:** *TBD*

### Where:

**Kaiser Permanente, French Campus  
4141 Geary Boulevard, Room F1  
(Between 5<sup>th</sup> and 6<sup>th</sup> Avenue)  
San Francisco**

**All Groups Start at 4:30pm-  
Room Opens at 4pm for Members**