



LIVING WITH PARKINSON'S

Mind, Mood and Motion

Friday, June 9, 2023

9 a.m. – 12:00 p.m. PT

**Camarillo Community Center
1605 E Burnley St, Camarillo, CA 93010**

Learn more and register at:

[Parkinson.org/Ventura](https://parkinson.org/Ventura)

Or contact us at (702) 847-6603 or email california@parkinson.org and we will register you!

Exercise is an important part of a healthy lifestyle for everyone, but for people with Parkinson's disease (PD), exercise and physical activity are an essential part of overall Parkinson's management. This program will provide an overview of the positive impact physical activity can have on the movement symptoms of PD as well as mood and thinking changes.

This program is open to people with Parkinson's, their family, friends and the community. Speakers include Mariam Rangwala, MD, Community Memorial.

Attendance is free but registration is required as in-person seating will be limited.

Thank you to our generous sponsor:



1-800-4PD-INFO – Parkinson.org