

## Parkinson's Support Group

**When:**

1st Tuesday of each month:  
2:30 - 4:00 pm

**Location:**

In-Person at Senior Concerns  
401 Hodencamp Rd.  
Thousand Oaks 91360

**Registration:**

[Register Online Here](#)

Or Call 805.497.0189

Open to individuals diagnosed with Parkinson's and their care partners. Those diagnosed with Parkinson's must come with their care partner. If you would like to sign up individually, please call Hannah at 805-497-0189.

### Support Group Schedule

2:30 pm: The Group will start with an educational presentation.

3:00 pm: The Group will separate into neighboring rooms.

Care Partners will participate in a Support Group Discussion.

Those diagnosed with Parkinson's will participate in an exercise program followed by a Support Group discussion.

4:00 pm: Group adjourns.