

PARKINSON'S PROGRAM CALENDAR

Parkinson's Disease Educational Series

3rd Wednesday of Every Month

7:00-9:00PM

St. Thomas Episcopal Church

1108 Providence Road, Towson, MD 21286

November 21- Arita McCoy- Updates in PD

December 19- Raj Rajan, MSc., -Q & A

Atypical Parkinsonism Support Group

4th Thursday of Every Month

2:00-4:00PM

St. Thomas Episcopal Church

1108 Providence Road, Towson, MD 21286

This support group is designed for individuals with Multiple System Atrophy (MSA), Corticobasal Degeneration (CBD), Progressive Supranuclear Palsy (PSP), and Dementia with Lewy Bodies (DLB) as well as their caregivers.

For more information, contact Chelsea Ganc at 410-655-6684

Newly Diagnosed Educational Series 2019

January 14th; April 22nd; July 22th; October 14th

1:00-4:00PM

Good Samaritan Hospital

5601 Loch Raven Blvd., Baltimore, MD 21239

Meeting will be held on the 2nd floor conference room

For more information, contact Chelsea Ganc at 410-655-6684

NEW Lewy Body Dementia Support Group

January 7th; February 4th; March 4th

*Additional dates to follow

2:00-4:00PM

St. Thomas Episcopal Church

1108 Providence Road, Towson, MD 21286

This support group is designed for those with Dementia with Lewy Body as well as those experiencing cognitive challenges secondary to their Parkinson's Disease as well as their caregivers.

For more information, contact Chelsea Ganc at 410-655-6684

UPCOMING EVENTS

Caregiver Summit

The Parkinson's Foundation invites you to join their upcoming Caregiver Summit. The event will take place on **Saturday, December 1, 2018** and will be broadcasted live from Phoenix, Arizona to 13 satellite locations around the country in English and Spanish. **Visit parkinson.org for more information.**

Parkinson's Disease Community Seminar

Presented by the Four State Alliance for Parkinson's Support and the Otterbein United Methodist Church.

Date: Friday, April 12, 2019 from 9AM-4PM

Location: Otterbein United Methodist Church
108 E. Franklin Street
Hagerstown, MD 21740

Contact: 240-625-2722

Moving Day

Event Details

Date: Saturday, June 9, 2019

Location: Weinberg YMCA in Waverly

Registration Opens: 8:30 a.m.

Walk Start: 10:30 a.m.

Contact:

Tami Brown

ph: 301-329-2673

tbrown@parkinson.org

Live Well with Parkinson's Disease

2019 PFNCA Symposium

Live & Stimulcast Lectures by leading Physicians who specialize in Parkinson's

Date: March 23, 2019

Location: Choose to attend in Towson, MD or Falls Church, VA

Registration opens in January. Visit www.parkinsonfoundation.org or call 301-844-6510 to learn more.

ACTIVITY AND EXERCISE PROGRAMS

Sponsored by the Johns Hopkins PDMD Center, Pacing for Parkinson's & the Maryland Association for Parkinson Support

- **Parkinson's Exercise Program- Brick Bodies at Padonia**

2430 Broad Avenue, Lutherville Timonium, MD 21093

Free Class; members & non-members at Brick Bodies

For more information visit info@marylandparkinsonsupport.org or 443-470-0279

- **ParkinSonics Community Chorus**

Every Wednesday, 1:30-3:30PM

Govans Presbyterian Church, Sharp Hall

5828 York Road, Baltimore, MD, 21212

- **Dance for Parkinson's**

Goucher College, Decker Sports and Recreation Center- Todd Dance Studio

1012 Dulaney Valley Road, Towson, MD

Tuesdays 3:30PM

Free Class

For more information contact ellentalles@comcast.net or 410-419-2956

- **Rock Steady Boxing Forest Hill and Parkinson's Pedaling Class- Forest Hill**

For more information, including days and times, call or check [Class schedule](#).

Forest Hill Health and Fitness, 2217 Commerce Road, Forest Hill, MD 21050

Contact: <http://www.foresthillhealthfitness.com> or 410-893-4153

- **Pedaling for Parkinson's**

Pedaling for Parkinson's uses high cadence cycling (80-90 RPM's) to improve motor function and relieve many symptoms. This program is free to guests with medical consent.

The Y In Central Maryland- Weinberg Y in Waverly

900 E. 33rd Street

Baltimore, MD 21218

Contact: Julia Demarais at juliaDemarais@ymaryland.org

