




Central County Parkinson's Support Group

July 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---------|--|----------|--------|---|
| | | | | 1 | 2 | 3 |
| 4  | 5  | 6 | 7 | 8 | 9 | 10 <p>1:00pm SAN DIEGO UCSD CHAPTER: WELL SPOUSE VIRTUAL SELF CARE GROUP: "When One Needs Care, Two Need Help." Affiliated with UCSD School of Medicine and WSA: https://wellsponse.org. For information: call/email Carly – cbonnell@health.ucsd.edu, 858.534.3708 or Edna – culpedna@gmail.com, 858.922.3504.</p> |
| 11 <p>9:00am PARKINSON'S MOVEMENT & DISORDER ALLIANCE- FLYING SOLO SUPPORT GROUP: If you are single, divorced, living alone, or maybe even caring for someone else while trying to take care of yourself, you are not alone! Join our online community for those who are Flying Solo with Parkinson's and other movement disorders where you can connect, share and find support. Zoom</p> <p>10:00am SD CENTRAL COUNTY PARKINSON'S VIRTUAL BOARD MEETING: Our meetings are open and people with Parkinson's and their care partners are welcome to attend. Online or via Phone. Flyer Zoom</p> | 12 | 13 | 14 <p>12:45pm EAST COUNTY PARKINSON'S SUPPORT GROUP: Online or via phone. Flyer Zoom</p> <p>3:00pm CENTRAL COUNTY PARKINSON'S SPEAKERS' SERIES: "Virtual Reality Therapy"-Jessica Ackerman, MSCCC-SLP, Clinical Liaison for XRHealth USA Inc. Flyer Zoom</p> | 15 | 16 | 17 |
| 18 | 19 | 20 | 21  <p>1:00pm SD CENTRAL COUNTY "LIVING THE SOLUTION" VIRTUAL PARKINSON'S SUPPORT GROUP: Topic-"Resilience". For people with Parkinson's and their care partners. Online or via Phone. Flyer Zoom</p> | 22 | 23 | 24 <p>9:30am SAN DIEGO NORTH COUNTY CHAPTER: WELL SPOUSE VIRTUAL SELF CARE GROUP: "When One Needs Care, Two Need Help." Affiliated with WSA: https://wellsponse.org. Zoom</p> <p>2:00pm SD CENTRAL COUNTY PARKINSON'S DUOPA THERAPY SUPPORT GROUP: For people with Parkinson's on or considering Duopa Therapy and their care partners. Online or via Phone. Flyer Zoom</p> |

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Sunday

Monday

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Thursday

Friday

Saturday

| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|----|---|----|----|----|----|----|
| | <p>10:00am SD CENTRAL COUNTY PT. LOMA LIVE PARKINSON'S SUPPORT GROUP: "Meet, Greet & Eat"! For people with Parkinson's and their care partners. Location: Swami's Café Pt. Loma, 3924 W Point Loma Blvd, San Diego, CA 92110. Space is limited and registration required. Flyer</p> <p>2:00pm PARKINSON'S MOVEMENT & DISORDER ALLIANCE: FLYING SOLO SUPPORT GROUP: If you are single, divorced, living alone, or maybe even caring for someone else while trying to take care of yourself, you are not alone! Join our online community for those who are Flying Solo with Parkinson's and other movement disorders where you can connect, share and find support. Zoom</p> | | | | | |
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