

Young Onset PD Support Group

Please join us for our support group for individuals with young-onset Parkinson's disease (diagnosed before 60). We hope the support group provides you with a place to connect with others, share stories, gain new perspectives, and share coping strategies with others going through similar experiences.

Date: 4th Wednesday of the month

Time: 6:00-7:00 PM (CT)

Location: Virtual

Cost: Free

2021 Schedule:

January 27th: "Care and Share" session: open discussion about living with PD

February 24th: Exercise as Medicine

March 24th: "Care and Share" session

April 28th: Driving with PD

May 26th: "Care and Share" session

June 23rd: Mental Health

July 28th: "Care and Share" session

August 25th: Tips for living your best life with PD—members share their best ideas

September 22nd: "Care and Share" session

October 27th: Clinical Trials/Research Updates

November 24th: "Care and Share" session

December 22nd: "Care and Share" session

Contact Erin to register via e-mail at erin.cecchi@nm.org