

FOR PEOPLE WITH PARKINSON'S



CONNECTION ■ EDUCATION ■ RESOURCES ■ AWARENESS

Menus for Minding "PD"



*A Healthy Cooking Session
for People with Parkinson's,
Family Members, Caregivers...Anyone!
It's fun, educational...and tasty!*

Come hear Chef Linda DuBois discuss and demonstrate healthy cooking techniques, methods and the Mediterranean Diet.

SPONSORED BY



Wednesday | May 13, 2026

2-4 pm

Free Event

Location:

St. Francis in-the-Field
Episcopal Church's Parish Hall
895 Palm Valley Road

Down the street from the
Palm Valley Golf Course
& K9's for Warriors

Click to Register Here
for your FREE attendance:
<http://bit.ly/3QoW52s>



Menus for Minding PD is brought to you by Jax Hope Inc.

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