



WEST MORRIS AREA YMCA

14 Dover Chester Road • Randolph NJ 07869

PARKINSON'S FOUNDATION PARKINSON'S DISEASE SUPPORT GROUP



Are you or is someone you know affected by
Parkinson's Disease?

In partnership with the Parkinson's Foundation, the West Morris Area YMCA will be offering monthly support groups at the Y. Support groups can help you cope with the day-to-day realities of having Parkinson's or caring for someone with Parkinson's. Being part of a support group is a great way to reduce stress and connect with others who can relate to your experience. This FREE group is open to anyone diagnosed with Parkinson's or a caregiver of someone with Parkinson's.

ALL SCHEDULES ARE SUBJECT TO CHANGE.

Monday, April 7	10:15–11:15 am	Topic TBD
Monday, May 19	10:15–11:15 am	Maintain Your Brain
Monday, June 16	10:15–11:15 am	Intro to Parkinson's Foundation
Monday, September 15	10:15–11:15 am	New Treatment Options for Advanced PD
Monday, October 20	10:15–11:15 am	What Can APDA Do For You?
Monday, November 17	10:15–11:15 am	Topic TBD
Monday, December 15	10:15–11:15 am	Topic TBD



Revised 3/13/25

**Scan to
Register**

