



## 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, 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**

Physical Therapy & Parkinson's  
(PWR! Moves)



Revised 7/15/2025

**Scan to  
Register**

