



The TRANSMITTER

A newsletter for information and events affecting Persons with Parkinson disease

Spring Forum 2022 – Choosing Wellness: Integrative Medicine as a whole health approach

The Harvey Chyette Spring Forum returns on Saturday, April 9 from 10am to 1pm. This year's Spring Forum will be virtual, based on advice from our medical liaison. This annual educational program will focus on combining traditional medicine with evidence-based complementary therapies to reduce pain, stress, and illness.

Our keynote speaker is Dr. Mladen Golubic, MD, PhD. Dr. Golubic is the medical director for UC Health Integrative Medicine, a professor of family medicine and integrative medicine at UC, and co-chair of the new UC Health Cancer Wellness clinic. He is developing similar programs to serve patients with neurological disorders and chronic health conditions.

UC Health's multidisciplinary Integrative Medicine team provides evidence-based therapies

that focus on a healthy lifestyle. It is the first in the region to offer a range of services for patients such as acupuncture, massage, exercise, nutrition, mindfulness-based approaches, and lifestyle medicine physician consultations.

Meera Rastogi is a professor of psychology at UC Clermont College. She oversees UC's Pre-Art Therapy Certificate Program and teaches psychology and art therapy classes. Dr. Rastogi runs art therapy groups for people with movement disorders and multiple sclerosis at the UC Gardner Neuroscience Institute. Dr. Rastogi will discuss the benefits of using art as therapy for movement disorders. Art therapy uses the creative process, pieces of art created in therapy, and third-party artwork to help people develop self-awareness, explore emotions, address unresolved emotional

conflicts, improve social skills, and raise self-esteem. Art therapy helps individuals experiencing emotional and psychological challenges achieve personal well-being and higher levels of function.

The program includes interactive demonstrations of some integrative medicine therapies. No previous experience with mindfulness practices or artistic pursuits are required to participate. The forum will be live, and there will be an opportunity for questions and answers with our speakers.

You can register online at parkinsoncincinnati.org. There is no fee or need to download any software. For questions or help registering, call 513-558-0113 or email info@parkinsoncincinnati.org.

Ways to Give Back

One way to support our mission to provide educational programs, keep people with PD moving, and create a supportive environment for those affected by PD is to make a yearly, monthly, or one-time donation.

1. A **Memorial donation** commemorates the life of a passed loved one. A special way to recognize a living friend/relative, business associate, or celebrate an occasion is through an **Honorarium donation**.
2. **Kroger** will donate a percentage of your purchases to PSW. Enroll at kroger.com/i/community/community-rewards and choose Parkinson Support & Wellness (#33817).
3. **Smile.amazon.com**, offers the same products, prices, and services as the Amazon you know, but will also donate 0.5% of your eligible purchases at no cost to you. Sign in with your Amazon account to get started.
4. Some companies match their employees' donations to nonprofits. Ask your employer about **Corporate Matching Gifts** today.

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About Us

Dedicated to the physical, mental, emotional, and social needs of those living with Parkinson disease (PWP) in the Greater Dayton/Cincinnati metroplex, Parkinson Support & Wellness exists to help those with PD learn about the disease, empowering individuals to take control and connect with local resources like support and exercise groups.

The organization also produces educational programming, provides grants to exercise programs specially-tailored to the needs of PWP, and sponsors support groups and other events designed to bring people together in a mutual supportive and encouraging environment.

All money raised stays in the Tri-State area to fund PSW programming.

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SHARING

Caregiver's Corner

Maureen Gartner, NPC

When caregiving is getting more burdensome, it is time to consider outside resources for home care. Where do you start? Do you pick up a "Senior Services" magazine at Kroger pharmacy and call different agencies? What do you ask? Are you comfortable with strangers in your home? Are you involved in a church? Could you put a notice on a bulletin board advertising a part time caregiving job? Perhaps someone could organize a "meal train" for a couple of weeks (there's an app for that!).

Lee Lidquist, M.D., chief of geriatrics at the Northwestern University Feinberg School of Medicine, offers these **10 questions to ask when calling home-care agencies.**

1. How do you recruit home health aides, and what are your hiring requirements?
2. Do you do criminal background checks on prospective aides? How about drug screening?
3. Are health aides certified in CPR, or do they have any additional health-related training?
4. Are the aides insured and bonded through your agency?
5. What competencies are expected of the aide? Lifting and transfers? Personal care skills (bathing, dressing, toileting)? Training in behavioral management, cognitive support?
6. How do you assess what the aide is capable of doing?
7. What is your policy on providing a substitute home healthcare aide in the event a regular care provider cannot perform the services in your contract?
8. If there is dissatisfaction with a particular home-care provider, can he or she be replaced "with out cause"?
9. Does the agency provide a supervisor who is responsible for regularly evaluating the quality of home care?
10. Does supervision occur over the phone, through progress reports, or in person?

You might also consider looking at the previous PD EDU session given by Right At Home, a home care agency. It was full of helpful information on this topic and a recording of it is available on our website parkinsoncincinnati.org.

Meet Sarah Pendleton, Our Newest Board Member



Sarah Pendleton has been volunteering for the Steady Strides Committee since 2019 and joined the PSW Marketing committee in 2021. When Sarah's father was diagnosed with PD she wanted to find an outlet where she could help and give back to others in the PD community. She is currently working as a Category Manager for Reynolds Consumer Products and primarily supports Kroger! Sarah is a UC Graduate of Lindner College of Business where she obtained her bachelor degree in Marketing. Growing up she was a competitive dancer

and still loves to move. Sarah is constantly on the go traveling, spending time with family, hiking, and taking barre classes at Barre3. If you get her talking she'll likely start telling you about the latest book she's read.

The Right Time to Add Support at Home

by Becca Irwin, LISW, originally published on the PSW Blog

One of the most common questions from family members of people with PD pertains to when and how to get caregiving support of a loved one at home. Often people with PD and their loved ones struggle to know when to add support at home, and there are many complex and unique concerns for each family regarding their support system and life at home. There is no "one size fits all" model for support at home, but there are benefits to adding support sooner than later. If you or your loved one are starting to wonder when to add support, it may be time to start making plans.

There are benefits and challenges to adding help at home for you and your loved ones. Some reasons to find additional support sooner than you feel you may need it include increased quality of life for family members, increased independence for the person with PD, and establishing a relationship with a support network for future needs.

Support comes in many different forms: family, friends, spiritual communities, county services, or private agencies that provide in-home support. Agencies typically provide either skilled or non-skilled support in your home. Skilled care refers to Physical Therapy (PT), Occupational Therapy (OT), Speech Therapy (ST), skilled nursing, and social workers. This type of care is often covered by your health insurance provider if it is ordered by a physician and your loved one is "home bound," meaning they are not driving, and only leaving the home when necessary for medical appointments or other necessary trips.



However, the care that most people really need at home is an extra pair of hands to help with social support, errands, light housework and be there "just in case" while a family member is away. This is often considered non-skilled care and is not always covered by insurance. Although some insurance providers do cover some non-skilled care at home, so it is always a good to check with your insurance provider to learn about what services may be covered under your existing plan.

Sometimes cultural considerations, feelings of guilt for not being able to "do it all" seamlessly, the worries of imposing on family and friends, and financial difficulty in paying for caregiving are real barriers to obtaining help. Sometimes it helps to imagine a close friend or family member in our own situations and think about how we may want to help and support them if they were managing a lot and needed a break. Allowing our friends, family, or spiritual commu-

nities the opportunity to support us is a gift to them as it brings deep feelings of contribution and provides a practical way for them to help and provide support.

QUALITY OF LIFE

As life changes and shifts for people with PD and their loved ones, sometimes subtly over time, sometimes more quickly than anticipated, relationships and scheduling demands also change subtly or quickly. As the demands on everyone change, with increased medical appointments, fitness routines, dietary changes, and new medication routines to manage and adapt to, other areas of life need to shift along side these changes. With those changes, often the most important needs of everyone in the family get pushed to the side to make room. Social events, personal time, routine medical appointments like dental visits, optical care, and physicals get delayed or canceled.

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SHARING

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The Right Time to Add Support at Home

One benefit of additional support at home is to ensure that family members have adequate time to take care of their own social, physical, and mental wellbeing. This additional support for family members to be able to plan consistent time away to take care of their own needs, allows the person with Parkinson's disease and their family members time to manage all of the changing demands on each individual and their family as a whole.

INCREASED INDEPENDENCE

It may seem counterintuitive, but the process of bringing in more support at home may increase a sense of independence for people diagnosed with Parkinson's disease. When additional support is available at home, it can sometimes be easier to get to appointments, leave the home, accomplish tasks around the house, and feel a sense of accomplishment without having to rely solely on their main caregiver.

This can also improve the relationship between family members and the person with Parkinson's disease by allowing them to rely less on each other in a caregiver/patient role and more as a couple or family member maintaining healthy relationships, intimacy and overall reducing stress on the household.

When family members can have time away from their caregiving role, it reduces stress and helps everyone manage changes overall. Caregiver stress is a real concern for families impacted by any long-term condition, by providing help and support early, and allow

consistent and meaningful time for both the person with Parkinson's disease and their family members, symptoms of caregiver stress are reduced.

ESTABLISHING A RELATIONSHIP WITH A SUPPORT NETWORK

Many families wait until they can't manage one more day without help at home to add support at home. Planning can help to avoid situations where family members or people with PD are isolated and experiencing unhealthy levels of stress at home. These levels of stress over time can be physically and mentally exhausting on everyone. Managing medications, physical care, and emotions are more difficult when caregivers and people with Parkinson's disease are tired and need a break.

If you plan in advance for when you need support at home, you can reduce stress, isolation, and physical injuries for the person with PD and their family. Most importantly, ensuring your loved ones get the type of care and support you want them to have.

If you establish a support network early on, you will be able to use and rely on it when you need it. It takes time to find the right fit; you may start with one support person, end up with an agency or another family member than when you started. Allowing the entire family to become used to having consistent people interact with your family allows increased comfort with outside caregivers in the future in case there may be cognitive changes, which may make it more difficult to introduce changes in routine. If additional

support is introduced early, gradual changes can be adjusted to over time, consistent support can be provided to the entire family and slowly built upon over time.

RESOURCES FOR IN HOME SUPPORT

Many families receive support at home through family members, friends, neighbors, or their spiritual communities. However sometimes those supports are not practical or available. Sometimes the support you need may be hard to find and pay for. Starting the process sooner than later can set your family up for the best possible support system for your specific and circumstances.

If your loved one is over the age of 60, (65 in some counties) see if your local Council on Aging office (513-721-1025) or Area Agency on Aging office provides services in home at a reduced rate.

Council on Aging can also provide listings of private agencies that provide support at home for a fee. As always, you should check with your insurance provider to see what they will cover and how to connect with those resources.

Although you may encounter challenges to adding additional help at home for you and your loved ones, planning early, sooner than you feel you may need it, will improve quality of life, increased independence, and increasing your support network. Bringing these conversations up with your neurologist, primary care provider, nursing or social work staff can help you find resources and provide the best care support to you as you begin to develop a support network.

Support Groups

Blue Ash

3rd Mondays 7pm
Parkinson Community Fitness
9687 Kenwood Rd, Blue Ash, OH 45242
Cheryl Weisgerber 513-731-9272
cherylmweisgerber@gmail.com

Bridgeway Pointe

Last Saturdays Feb-Oct; 1st Sat in Dec
11am-12noon Online
Carol Simons 513-474-4441
casimonso03@yahoo.com

Cincinnati Caregivers

1st Thursday 11:30am
Slatts Restaurant
4858 Cooper Rd, Cincinnati, OH 45242
Patty Ahern 513-260-8495
pdpatty42@gmail.com

Crescent Springs

1st and 4th Fridays 1:30pm
PeeWee's Place
2325 Anderson Rd
Crescent Springs, KY 41017
Dick Zimmer 859-653-9552

Dayton Caregivers

2nd Fridays 1:30pm
Dayton Metro Library
2718 Lyons Road, Dayton, OH 45342
Rose Wurst 937-231-3362
dirkno1@aol.com

Dearborn County

3rd Mondays 11am
Aurora Recreation Community Center
404 Green Blvd, Aurora, IN 47001
Mary Beth Bialick 859-409-1810

Evergreen

3rd Mondays 5:30-6:45pm
Alpha Neuro Fitness
800 E Ross Ave, Cincinnati, OH 45217
Elizabeth Grover 513-379-1196
lovettgrover@gmail.com

Florence

2nd and 4th Fridays 1:30pm
Pee Wee's Playhouse
2325 Anderson Road
Crescent Springs, KY 41017
John Anneken 859-743-3936
JBAnneken@aol.com

Friends & Family of PWP's

1st Wednesdays 7pm
Location varies- Email for information.
Julia Burks juliaingeburks@gmail.com

Georgetown

1st Tuesdays 2pm
Villa Georgetown Nursing & Rehab
8065 Dr. Faul Rd, Georgetown, OH 45121
Nikki Pelvit 513-378-4178
npelvit@affirmarehabilitation.com

Greene County

3rd Wednesdays 10:30am
must register in advance
Xenia Community Center
1265 N. 2nd St, Xenia, OH 45385
Lynn Martin 937-376-5486

Mason

3rd Thursdays 6:30-7:30pm
must register in advance
Mason Community Center
6050 Montgomery Rd, Mason, OH 45040
Ruth Everett 513-486-1617
reverett335@gmail.com

Miami County

2nd Wednesdays 1-2pm
Monroe Senior Center
528 S Hyatt St, Tipp City, OH 45371
Tim and Mindy Drake 937-573-9098
melindaldrake@gmail.com

Miamisburg

2nd Tuesdays 1:30-3:30pm
Dayton Metro Library
2718 Lyons Rd, Dayton, OH 45342
Rose Wurst 937-231-3362
dirkno1@aol.com

Northern Kentucky Caregivers

3rd Tuesdays 10:30am
Panera
2911 Dixie Hwy, Crestview Hills, KY 41017
Patty Ahern 513-260-8495
pdpatty42@gmail.com

Oxford

1st Thursdays 6:30-8pm
Oxford Bible Fellowship
The Loft (second floor)
800 Maple St., Oxford, OH 45056
Sara Penhale 513-593-0059
sarap@earlham.edu

Partners in Parkinson's

3rd Wednesdays 3:30pm
Do Good Restaurant
25 Main St, Osgood, OH 45351
Shannon Parton 937-423-5689
pdppartners.oh@gmail.com

PD Book Club

Fridays 1-1:45pm
Parkinson Community Fitness
9687 Kenwood Rd, Blue Ash, OH 45242
Lisa Coors 513-233-2673
lisa@coorscorefitness.com

PD Coffee Talk

Fridays 10-10:45am
Parkinson Community Fitness
9687 Kenwood Rd, Blue Ash, OH 45242
Lisa Coors 513-233-2673
lisa@coorscorefitness.com

Virtual Care Partners

2nd Mondays 1-2:30pm Online
Mary Beth Bialick 859-409-1810
info@parkinsoncincinnati.org

Virtual Persons with Parkinson's

2nd Mondays 3-4pm Online
Mary Beth Bialick 859-409-1810
info@parkinsoncincinnati.org

Working with PD

4th Thursdays 5:30pm Online
Cheryl Wirtley cheryl@wirtley.com

Young Onset

2nd Saturdays 12noon
Alpha Neuro
800 E Ross Ave, Cincinnati, OH 45217
Adam Magee 859-609-2155
alphaneurofitness@gmail.com

Our **support groups** and **exercise opportunity** listings are always being updated. View the most current version at parkinsoncincinnati.org.

For corrections, contact Elizabeth at 513-379-1196 or Nancy in the office at 513-558-0113.

Exercise Groups

ART THERAPY

Creativity in Motion

2nd & 4th Monday 1-3pm

Becca Jacobs 513-475-8792

becca.jacobs@uchhealth.com

UC Gardner Neurological Institute

Multipurpose Rm 1109, 1st Floor

3113 Bellevue Ave

Cincinnati, OH 45219

Steady Strides Singers

2nd & 4th Monday 1-2pm \$5

Janet Langhorst

jlanchorst@cinci.rr.com

Elizabeth Grover 513-379-1196

lovettgrover@gmail.com

The Church of the Redeemer

2944 Erie Avenue

Cincinnati, OH 45208

BOXING

Anderson \$12

Lisa Coors 513-233-2673

lisa@coorscorefitness.com

Elite Thursday 12-1pm

Coors Core Fitness

7693 Beechmont Ave

Cincinnati, OH 45255

Delhi

Maureen Scheiner 513-347-5514

maureen.scheiner@bayleyle.org

Wednesday 2:30-3:30pm

Bayley Fitness Club

401 Farrell Court

Cincinnati, OH 45233

Liberty Twp. \$15/class

Amy Bertram, 513-543-3188

info@theneurofitgym.com

Friday 11am-12noon

The NeuroFit Gym

4155 Tonya Trail

Hamilton, OH 45011

Rock Steady Boxing

Blue Ash \$150/10 or \$250/20

Sarah Palmer, 513-404-1918 or

sarah@foreverfitnesscincinnati.org

Basic Tuesday, Thursday 2-3pm

Advanced Tues, Thurs 3:30-4:30pm

4542 Cornell Rd

Blue Ash, OH 45241

Dayton

Alex Sheets/Craig Cole 937-433-2110

Tuesday, Thursday 2-3:30pm

Bethany Village

6451 Far Hills Ave

Dayton, OH 45459

Eaton \$45/month

Matthew Wright 765-983-3092

Tues, Thurs 9-10am, 10-11am

Reid Eaton Rehab

550 Hallmark Dr

Eaton, OH 45347

Connersville, IN \$45/month

Matthew Wright 765-983-3092

Tues, Thurs 10-11:30am, 11:15am-12:15pm

Reid Healthworks

3542 Western Ave

Connersville, IN 47331

Richmond, IN \$45/month

Matthew Wright 765-983-3092

Mon, Weds, Fri 8-9am, 9-10am,

10-11am, 11am-12, 12-1pm

Reid Rehab

2021 Chester Blvd

Richmond, IN 47374

Liberty Twp. \$15/class

Amy Bertram 513-543-3188

info@theneurofitgym.com

Mon, Weds, Fri 12-1pm

The NeuroFit Gym

4155 Tonya Trail

Hamilton, OH 45011

DANCE

Dancing with Parkinson's

Monday 12-1:15pm \$10/pair

Cincinnati Ballet

1801 Gilbert Ave

Cincinnati, OH 45202

513-621-5219

Wednesday 2-3:15pm \$5

Wyoming Fine Arts Center

322 Wyoming Ave

Cincinnati, OH 45215

Elizabeth Grover 513-379-1196

lovettgrover@gmail.com

Friday 2-3:15pm \$10/pair

Cincinnati Ballet

1801 Gilbert Ave

Cincinnati, OH 45202

513-621-5219

EXERCISE

Coors Core Fitness \$12

Lisa Coors 513-233-2673

lisa@coorscorefitness.com

7693 Beechmont Ave

Cincinnati, OH 45255

PD Advanced

Tuesday 12-1pm

Saturday 11:30am-12:30pm

PD Basic

Tuesday 1:10-2:10pm

Delay the Disease

Hamilton Non-Members \$20

Anna Flanagan 513-892-9622

ajflanagan@gmvymca.org

Tuesday, Thursday 2-3pm

East Butler County YMCA

6645 Morris Road

Hamilton, OH 45011

Liberty Twp. \$15

Amy Bertram 513-543-3188

info@theneurofitgym.com

Monday, Wednesday 1:15-2:15pm

The NeuroFit Gym

4155 Tonya Trail

Hamilton, OH 45011

Exercise

Mon 1-1:50pm; Tues, Weds,

Thurs, Fri 11-11:50am

Angela Perkins 513-418-5867

Daniel Drake Wellness Center

151 W Galbraith Rd

Cincinnati, OH 45216

Exercise & Chair Volleyball

Thursday 4:30-5:30pm

Potluck follows meeting 1st Thursday

Mason Community Center

6040 Mason-Montgomery, Mason 45040

Ruth Everett 513-486-1617

reverett335@gmail.com

Mind & Motion

Monday, Friday 10:15-11:15am

Denise Rose 812-926-2311,

drose@aurora.in.us

Aurora Rec. Community Center

404 Green Blvd

Aurora, IN 47001

foreverfitness \$11-15/class
Sarah Palmer 513-404-1918
sarah@foreverfitnesscincinnati.org
4542 Cornell Rd
Blue Ash, OH 45241

Balance & Stretch online
Friday 10-11am

Brain Games online
Biweekly Weds. 11:30am-12:15pm

PD Cardio online
Tuesday 11:15am-12:15pm

PWR! Circuit
Friday 2-3pm hybrid

4542 Cornell Rd
Blue Ash, OH 45241

PWR! Moves

Basic Monday 2:30-3:30pm
4542 Cornell Rd
Blue Ash, OH 45241

Wednesday 2:30-3:30pm online

Mixed Level online
Thursday, Saturday 10-11am

Advanced online
Monday, Wednesday 4-5pm
Thursday 10-11am

Parkinson's Community Fitness \$25/mo. unlimited

9687 Kenwood Rd
Blue Ash, OH 45242

Cardio Drumming
Thursday 10-10:45am

Floor Stretch
Mon, Weds 10:15-10:45am

Movement & Flow
Thursday 1-1:45pm

Pickle Ball
Monday 11-11:45am

PD Advanced
Tuesday, Thursday 11-11:45am

PD Elite
Tuesday 10-10:45am

PD Elite Strength
Wednesday 11-11:45am

PD Foundations
Tuesday, Thursday 12-12:45pm

Strength Training Foundations
Friday 11-11:45am

PWR! Moves \$8/class
Tuesday, Thursday 1pm
812-934-6006
Southeastern Indiana YMCA
30 State Rd 129
Batesville, IN 47006

The NeuroFit Gym \$15
Amy Bertram, 513-543-3188
info@theneurofitgym.com

The NeuroFit Gym
4155 Tonya Trail
Hamilton, OH 45011

Cog-Cardio
Monday 11am-12noon

Neuro Bootcamp
Wednesday 5-6pm

YOGA

Chair Yoga
Parkinson's Community Fitness

\$25/mo. unlimited
Lisa Coors 513-233-2673
lisa@coorscorefitness.com
9687 Kenwood Rd
Blue Ash, OH 45242

Basic Mon, Weds, Fri 12-12:45pm
Advanced Wednesday 1-1:45pm

The NeuroFit Gym \$15
Amy Bertram 513-543-3188
info@theneurofitgym.com

Friday 12:15-1pm
The NeuroFit Gym
4155 Tonya Trail
Hamilton, OH 45011

By Appointment

Alpha Neuro Fitness

800 E Ross Avenue
Cincinnati, OH 45217
Adam Magee 859-609-2155
alphaneurofitness@gmail.com

Coors Core Fitness

Dayton: Mary Sarah 937-287-3255
Cincinnati: Lisa Coors 513-233-2673

foreverfitness

4542 Cornell Rd
Cincinnati, OH 45213
PWR! certified trainer
Sarah Palmer 513-404-1918
sarah@foreverfitnesscincinnati.org

LSVT Big Exercise

Daniel Drake Center
151 W Galbraith Rd
Cincinnati, OH 45216
Stephani Bellm 513-418-2709
stephani.kohls@uchealth.com

Gateway Rehabilitation Hospital
5940 Merchants Dr
Florence, KY 41042
859-426-2415

Jewish Hospital—Mercy Health
4672 E Galbraith Rd, Ste 118
Cincinnati, OH 45236
Amy Bertram 513-686-3254
alanham@mercy.com

Superior Rehab & Balance
8135 Beechmont Ave, Ste W269
Cincinnati, OH 45255
Logan Waddell, DPT
513-368-5212

Parkinson's Community Fitness

9687 Kenwood Rd
Blue Ash, OH 45242
Lisa Coors 513-233-2673

The NeuroFit Gym

4155 Tonya Trail
Hamilton, OH 45211
Amy Bertram 513-543-3188
info@theneurofitgym.com

Yoga with Sharon Byrnes

The Yoga Groove
4242 Airport Road
Cincinnati, OH 45226
Sharon Byrnes 513-658-1952
sharonbyrnesyoga@gmail.com



260 Stetson St., Suite 2300
Cincinnati, OH 45219

Upcoming Events

Beyond the Basics
March 26 Online Free

Spring Forum: Integrative Medicine
April 9 Online Free

Rock on the James Benefit Concert
April 30, doors 5:30pm
The Southgate House Revival
111 E 6th St, Newport, KY 41071

**PD Edu: Cognitive Impairment in PD:
A Plan for Care Partners**
May 21 Online Free

PD Edu: Speech Issues with PD
June 18 Online Free

PD Edu: Visual Problems
July 16 Online Free

PD Edu: Journaling
September 17 Online Free

Steady Strides
October 1, 2022
Lindner Tennis Center
5460 Courseview Drive, Mason, OH 45040
parkinsoncincinnati.org/steady-strides

All the above dates and topics are subject to change.

Contact Us

Information on **support** and **exercise** opportunities, and **educational** events is available by calling our office at 513-558-0113, emailing us at info@parkinsoncincinnati.org, or visiting our website, parkinsoncincinnati.org