



The TRANSMITTER

A newsletter for information and events affecting Persons with Parkinson disease

Spring Forum 2023: Planning for the Future

Maureen Gartner, Secretary & Medical Liason

Join us Saturday, April 1 for The Harvey Chyette 2023 Spring Educational Forum. Parkinson Support and Wellness is excited to bring back our Spring Forum as a hybrid event this year. This will be the first time since the beginning of the pandemic that we have hosted Spring Forum in-person for those who prefer a live option. We will host it at the Manor House (7440 Mason Montgomery Rd, Mason, OH 45040). Doors open at 9am, with the program running 9:30am-2pm. We will also offer a way to watch it from the comfort of your own home.

Navigating Parkinson's disease and its progression can be overwhelming. However, there are helpful resources in the community that we can draw on to help make things a little easier. Our Spring Forum will focus on these resources. This year our theme is 'Planning for the Future'.

Lunch is provided for this free program. Donations are welcome.

Our first presentation is "Housing 101" presented by Stuart Solomon. Stuart Solomon is the owner of Senior Care Partners, a locally owned and operated placement agency for seniors. It helps people transition to a senior living community, assisted living, full nursing care. They are advisors to guide one through the process to find the best care option for the client and loved one. There is no cost to this resource.

Our second presenter is Attorney Eva Hager from The Law Practice of Dennison Keller, LLC. Eva Maria Hager recognizes the critical need for a whole-client approach to end-of-life planning and personally knows the benefit of caring, nuanced, and professional guidance for both the client and her loved ones at all stages of an elder's life. She is inspired to serve your family as a member of the multidisciplinary team offered by the Life Care Plan approach.

The last presentation of the day is "Navigating Insurance" presented by Mike Hoffman. Mike Hoffman is a certified insurance agent who will untangle the complicated web of Medicare A, B, C, and D. He works with people to find the best coverage plan possible to cover your medical needs and medications you rely on.

Don't miss this opportunity to prepare and navigate your future!

SPRING FORUM SCHEDULE

- 9:45am Senior Housing 101
Stuart Solomon
Senior Care Partners
- 10:30am Exercise break
Sarah Palmer
foreverfitness
- 11:00am A Focus In Elder Law
Eva Hager
The Law Practice of
Dennison Keller LLC
- 11:45am Lunch & visit exhibitors
- 12:45pm Navigating Insurance
Mike Hoffman
Mariner Health Consulting
- 1:30pm Exercise break
Mary Kamp & Nicole Hershey
CB Moves for Parkinson's
- 1:45pm Question & Answer
Maureen Gartner, NPC

Special thanks to our program committee for all their hard work setting up this event.

To sign up, please visit parkinsoncincinnati.org/spring-forum. If you need assistance with signing up, please get in touch with us at 513-558-0113 or email us at info@parkinsoncincinnati.org.

We look forward to seeing you on April 1!

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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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LEARNING

2022 in Review

Chris Gaffney, Executive Director

Parkinson Support & Wellness entered 2022 hopeful for a better year than the previous two years of pandemic. We watched our Parkinson community struggle with Covid-19 and the isolation that the virus imposed. We were determined throughout 2020 and 2021 to provide programs and platforms that pierced that isolation and allowed us all to connect whether through support groups and exercise programs that evolved to virtual options, or through continuing our educational programs via Zoom.



PD Awareness Night at the Florence Y'alls

In 2022, PSW provided 12 PD EDU programs and our annual educational event, The Harvey Chyette Spring Forum. We continued to archive PD EDUs and Spring Forum 2022, building an inventory of helpful programs that are accessible anytime. We added to our blog, where members of our community share their experiences. We re-established in-person events with our Parkinson's Awareness night at the Florence Y'alls baseball club, and Steady Strides built on the previous year's race with an even better turnout this year.

Physical exercise is the best defense against the progression of Parkinson's disease. Programs in

our area designed specifically for Parkinson's patients are growing and Parkinson Support & Wellness is playing a significant role in that growth. First, we provide a matrix of those programs on our website and in our newsletter. Grouped by neighborhood, day of the week, type of exercise, and online access, it is possible to develop your personalized plan to slow the progression of symptoms. To help make exercise opportunities affordable and accessible, Parkinson Support & Wellness offers grants to providers of exercise programs appropriate for those with PD. In 2022 we awarded \$86,870 in grants to enhance instructor training, to encourage the development of new programs and to keep costs to our constituents as low as possible.

Thanks to the efforts of dozens of volunteers and the generosity of the friends of Parkinson Support & Wellness, we were able to recoup financially and now are in a good financial stance to expand awareness in our community of the services that PSW provides. We will expand our service offerings and our geographical service area. We are excited to build new alliances with other support organizations and strengthen ties to partners in our service area. We are fortunate to live in an area that boasts multiple Centers of Excellence as designated by the Parkinson Foundation. We highly value and deeply appreciate our partnerships with each of them.

As we go through 2023, we are eager to hear from you about your struggles, your victories, and ways that we can support your plan and efforts to health and wellness.

Traveling with Parkinson's Disease

Sara Penhale

In getting ready for my winter trip to Iceland, where temperatures range from 28–36 degrees Fahrenheit, I paid careful attention to the packing list provided by Road Scholar, the tour company running my trip. As instructed, I brought plenty of layers of clothing. I wore an undershirt, a thin wool/synthetic sweater and one or two layers of leggings as my basic daily clothing, then I added layers of outerwear as needed. I had a down vest, a hooded down coat, and an outermost waterproof jacket. I could barely squeeze all layers on at once and I looked like a sausage bulging at the seams when fully suited up.

I soon discovered that I couldn't manage all those layers. Like many others with Parkinson's, I have limited flexibility in my torso, shoulders, and arms. My weak and clumsy fingers can't easily manipulate buttons and zippers. I might have been able to dress myself if given enough time, but I never had enough time. Each day we would layer up to go outside and visit glaciers, geysers, and frozen waterfalls. While in the bus riding from place to place,

we might warm up and need to remove a layer or two and then we would need to suit back up to face the 55 mph winds at our next stop. All of the other travelers could accomplish this quickly and leave the bus while I was still in the aisle struggling to layer up.

Prior to the trip, I thought that keeping warm would be the main challenge. Instead, it was putting on and taking off all the layers needed to combat the weather. I needed my husband's help in making all the en route layering adjustments. I wasn't happy looking like a second grader getting dressed by a grown up, but the real problem was how tired it made me. It was draining to be continuously anxious as I frantically pushed myself to move faster and keep up with the others.

Eventually I wore only the two thickest outer garments and skipped the third. My husband and I got better at pulling up sleeves and getting zippers going. I forced myself to not feel self-conscious about my limitations. I don't know how I could have anticipated this issue. I had

carefully read the descriptions of the activities on the tour and the physical condition expected of participants. I carefully chose my clothing but I didn't foresee that all the layering would cause such a difficulty.

I am telling this story to illustrate what I consider to be two key elements of travelling for persons with Parkinson's; or for that matter, anyone who travels. Be prepared to adjust, as best you can, to unexpected circumstances.

My story also reveals that I failed at a third important principle of travel: Have a sense of humor. If I had a been bit more light-hearted and joked, either to myself or to other travelers, that my dressing skills had dropped to those of an eight-year-old, I could have shed some of my anxiety and enjoyed myself more. Laughter may not solve a problem but it can help lighten the load.

Stay tuned for Part 2 in this series on Travel and Parkinson's, coming to our blog in April! In the next installment, Sara details potential pitfalls for PWP's traveling and ways to combat them.



Photos from Steady Strides 2022 at the Lindner Family Tennis Center

MOVING



Photos from Steady Strides 2022 at the Lindner Family Tennis Center

SHARING

Respite Care

from Caregiver.org with a note from Maureen Gartner, NPC

"Caregiving is often a 24/7 job, and everyone needs a break sometimes. Getting away can give you perspective and remind you that there's a world outside. Taking a respite break from caregiving can give you a chance to connect with others, share, laugh, catch up, renew. But it can also be a time for just doing things that are relaxing for you, such as reading a book without interruption, taking a nap, or going for a walk. This break is a necessary step in taking care of yourself so that you can care for someone else.

Respite can take many forms, from going away on a mini-vacation, to having someone in your home for a few hours so you can run errands or get to the doctor yourself. A local adult daycare program may offer enough hours of care—including transportation—so that you can go to work or attend to your other needs and interests. Some residential facilities also offer temporary respite. There may be funds available through your Area Agency on Aging as well as organizations in your community that can help you to get the break you need (also available through the Veteran's Administration for those eligible). Faith communities, disease-specific organizations and your network of friends might be able to help.

At first, it may not feel easy to take a respite break. First, there is our own internal reluctance to leave a loved one, particularly if he or she feels abandoned if you leave. Or there is the fear that something will happen while you're away and only you know how to care for him or her correctly. You might feel guilty and not be sure you have the right to have a good time if your loved one is suffering. You may be concerned about the cost. But remember, you must care for yourself, too.

From Maureen



I believe that self care in the face of caregiving is the most difficult challenge in life. However, if you do not care for yourself, you cannot continue to care for your loved one. There are resources to help you such as: caregiver.org, dailycaring.com, and aarp.org/caregiving.

Respite care is typically a paid service offered by for-profit companies, but some state and non-profit organizations also offer free or low cost respite programs for seniors who qualify, for example the Alzheimer's Association and Alzheimer's Foundation of America, Veteran's Administration and National Family Caregiver Support Respite.

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

Centerville

Last Wednesday 2:30pm
St. Leonard Campus Franciscan Center
8100 Clys Rd, Centerville, OH 45458
Dawn Arrowhead 937-439-7145
dawn.arrowood@commonspirit.org

Cincinnati Caregivers

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

Crescent Springs

2nd and 4th Thursdays 1pm
PeeWee's Place
2325 Anderson Rd
Crescent Springs, KY 41017
Tim Lenihan 859-652-9733
tjlenihan@zoomtown.com

Dearborn County

2nd Thursdays 11am-12:30pm
Aurora Recreation Community Center
404 Green Blvd, Aurora, IN 47001
Mary Beth Bialick 859-409-1810

Evergreen

2nd Mondays 5:30-6:45pm
230 W Galbraith, Cincinnati, OH 45215
Elizabeth Grover 513-379-1196
lovetgrover@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 PWWs

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

Greene County

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

Hamilton

3rd Mondays 6:30-7:45pm
NeuroFit Gym
4155 Tanya Trail, Hamilton OH 45011
Denise Rieman 513-315-7857
Steve 513-378-9440
ParkinsonsLifeSteve@gmail.com

Mason

ALL Thursdays 4:30-5:30pm
Mason Community Center
6050 Montgomery Rd, Mason, OH 45040
Sandy Tinsler 513-456-3212
pstinsler@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

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, 2nd floor
800 Maple St, Oxford, OH 45056
Sara Penhale 513-593-0059
sarap@earlham.edu

Partners in Parkinson's Osgood

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

Partners in Parkinson's Trotwood

4th Thursdays 2:30pm
Friendship Village
5790 Denlinger Rd, Dayton, OH 45426
Shannon Parton 937-423-5689
pdpartners.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** and **exercise** listings are always being updated.

View the most current version at parkinsoncincinnati.org.

For corrections, contact 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

jlanghorst@cinci.rr.com

The Church of the Redeemer

2944 Erie Avenue

Cincinnati, OH 45208

BOXING

Anderson

Boxing/Dance Foundations

Lisa Coors 513-233-2673

lisa@coorscorefitness.com

Wednesday 12-12:50pm

Coors Core Fitness

7693 Beechmont Ave

Cincinnati, OH 45255

Blue Ash

\$25/mo. unlimited

Lisa Coors 513-233-2673

lisa@coorscorefitness.com

Monday 9-9:45am

Parkinson's Community Fitness

9687 Kenwood Rd

Blue Ash, OH 45242

Delhi

Maureen Scheiner 513-347-5514

maureen.scheiner@bayleylefe.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

Mon, Weds, Fri 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

ForeverFitness

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 2:30-3:30pm,

3:30-4:30pm

Reid Eaton Rehab

550 Hallmark Dr

Eaton, OH 45347

Connersville, IN \$45/month

Matthew Wright 765-983-3092

Tuesday, Thursday 10-11am

Reid Healthworks

3542 Western Ave

Connersville, IN 47331

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

Richmond, IN \$45/month

Matthew Wright 765-983-3092

Mon, Weds, Fri 8-9am, 10-11am,

11am-12pm

Reid Rehab

2021 Chester Blvd

Richmond, IN 47374

Oxford \$45/month

Matthew Wright 765-983-3092

Weds, Fri 8-9am

Chestnut Fieldhouse

131 Chestnut St.

Oxford, OH 45056

DANCE

CB Moves for Parkinson's

Cincinnati Ballet \$10/pair

Monday 12-1:15pm

Wednesday, Friday 2-3:15pm

1801 Gilbert Ave

Cincinnati, OH 45202

513-562-1111

cbacademy@cballet.org

Dancing with Parkinson's

Yellow Springs Senior Center

Wednesday 2-3pm

227 Xenia Ave

Yellow Springs, Ohio 45387

Jill Becker 937-430-8710

Elite Dance

Parkinson's Community Fitness

Monday 11-11:45am

Lisa Coors 513-233-2673

lisa@coorscorefitness.com

9687 Kenwood Rd

Blue Ash, OH 45242

EXERCISE

Coors Core Fitness

Lisa Coors 513-233-2673

lisa@coorscorefitness.com

7693 Beechmont Ave

Cincinnati, OH 45255

Move it or Lose It: Advanced

Saturday 10:15-11am

Move it or Lose It:

Advanced/Foundations

Tues 1:15-2:15pm

Move it or Lose It: Elite

Tuesday 12-1pm

Delay the Disease

Hamilton Non-Members \$20

Anna Flanagan 513-720-9940

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
Sandy Tinsler 513-456-3212
pstinsler@gmail.com

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

PWR! Moves

Basic Monday 2-3pm

Mixed Level online

Wednesday 2-3pm

Thursday, Saturday 10-11am

Advanced online

Monday 5:30-6:45pm

PD FUNCTIONal Fitness:

Cardio, Strength & Boxing

Monday 3:30-4:30pm

Thursday 10-11am

LSVT BIG for Life

Thursday 10:30-11:30am

Angela Onyekanne 513-799-8263
info@senioritywc.com
Alpha Neuro Fitness
800 E. Ross Ave
Cincinnati, OH 45217

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

The NeuroFit Gym \$15

Amy Bertram, 513-543-3188
info@theneurofitgym.com

4155 Tonya Trail
Hamilton, OH 45011

Cog-Cardio Weds 11am-12noon

Neuro Bootcamp Weds 5-6pm

Strength Class Mon 5:15-6:15pm,

Tues 12:15-1pm

Total Body Thurs 5:15-6:15pm

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

Lisa Coors 513-233-2673
lisa@coorscorefitness.com

9687 Kenwood Rd

Blue Ash, OH 45242

Cardio Drumming Thurs 10-10:45am

Chair Volleyball Tues 1-1:45pm

Cornhole Friday 1-1:45pm

Floor Stretch

Mon, Weds 10:15-10:45am

PD Adv. Tues, Thurs 11-11:45am

PD Elite Tuesday 10-10:45am

PD Elite Strength Weds 11-11:45am

PD Foundations Tues, Thurs 12-12:45pm

Seated Cardio

Mon 1-2pm, Fri 11-11:45am

Strength Training Foundations

Friday 10-10:45am

Parkinson's Fit Club Free

Tyler McLean 937-401-6109
tyler.mclean@ketteringhealth.org

Centerville

Neuro Rehab & Balance Center
7677 Yankee Street #210
Centerville, OH 45459

Medium Intensity Mon, Weds 1-2pm

High Intensity Tues, Thurs 4-5pm

Mixed Level Tuesday 1-2pm

Dayton Weds 3:30-4:30pm

Dayton Metro Library West Branch
300 Abbey Ave, Dayton, OH 45417

PWR! Moves \$8/class

Tuesday, Thursday 1pm

812-934-6006

Southeastern Indiana YMCA

30 State Rd 129, Batesville, IN 47006

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

Foundations Monday 12-12:45pm

Mixed Level Friday 12-12:45pm

Floor Yoga

Coors Core Fitness

Lisa Coors 513-233-2673

lisa@coorscorefitness.com

7693 Beechmont Ave

Cincinnati, OH 45255

Elite Thursday 12-12:50pm

The NeuroFit Gym \$15

Amy Bertram 513-543-3188

info@theneurofitgym.com

Friday 12:15-1pm

4155 Tonya Trail

Hamilton, OH 45011

By Appointment

Alpha Neuro Fitness

Adam Magee 859-609-2155
alphaneurofitness@gmail.com

Coors Core Fitness

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

foreverfitness

Sarah Palmer 513-404-1918
sarah@foreverfitnesscincinnati.org

Parkinson's Community Fitness

Lisa Coors 513-233-2673

The NeuroFit Gym

Amy Bertram 513-543-3188
info@theneurofitgym.com

LSVT Big Exercise

Daniel Drake Center
Stephani Bellm 513-418-2709
stephani.kohls@uhealth.com

Gateway Rehabilitation Hospital

859-426-2415

Jewish Hospital—Mercy Health

Colleen Meyrose 513-686-3254
alanham@mercy.com

Superior Rehab & Balance

Logan Waddell, DPT 513-368-5212

Yoga with Sharon Byrnes

The Yoga Groove
Sharon Byrnes 513-658-1952
sharonbyrnesyoga@gmail.com



260 Stetson St., Suite 2300
Cincinnati, OH 45219

Upcoming Events

All dates and topics are subject to change.

Spring Forum Planning for the Future Saturday, April 1

The Manor House
4550 Mason Montgomery Rd.
Mason, OH 45040
[parkinsoncincinnati.org/
spring-forum](http://parkinsoncincinnati.org/spring-forum)

PD Edu: Fall Safety Saturday, May 20

Lisa Coors presents online
[parkinsoncincinnati.org/
pd-edu](http://parkinsoncincinnati.org/pd-edu)

PD Edu: Health Rhythms Saturday, June 17

Arlene de Silva presents at
UCGNI
[parkinsoncincinnati.org/
pd-edu](http://parkinsoncincinnati.org/pd-edu)

PD Edu: Voices for PD Saturday, July 15

Caitlin Fattore presents online
[parkinsoncincinnati.org/
pd-edu](http://parkinsoncincinnati.org/pd-edu)

PD Edu: Apathy and Depression in PD Saturday, October 21

Dr. Johnna Devoto presents
online
[parkinsoncincinnati.org/
pd-edu](http://parkinsoncincinnati.org/pd-edu)

Steady Strides Date TBA

[parkinsoncincinnati.org/
steady-strides](http://parkinsoncincinnati.org/steady-strides)

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