

Calendar of Events

Ongoing Events:

Monday, **Brooks Rehab Parkinson's Wellness Program** in partnership with
Wednesday the **YMCA of Florida's First Coast** meets 9-12 at Brooks Family
Friday YMCA, 10423 Centurion Parkway, N., Jax 32256. A Brooks Rehab
therapist evaluation is required to begin the program. For more
information, call (904)345-6812 or visit BrooksRehab.org/program.

Monday, **Parkinson's Network GZ Sobol** certified instructors, Mike Bleecker
Thursday and Tom Dorsky teach exercise classes for people with Parkinson's
(PWP) and their caregivers in Fleming Island at Sacred Heart Church
Activity Center, Hwy 17, north of Green Cove Springs at the following
times: Monday - 9:30-11 am & 6-7:30 pm; Thursday - 9:30-11 am
(see website at parkinsonsnetwork.org)

Tuesdays **Chair Yoga** is held 3-4 p.m. at Neptune Beach Senior Activity Center*
2004 Forest Avenue, Neptune Beach. Phone 270-1688 for directions.

*Check with Senior Centers in your area for exercise classes and
activities appropriate for people with Parkinson's.

February 27 **Dance for Life** is held Monday's 1-2 pm in the Dance Studio North,
-April 24 Phillips Fine Arts Building, Jacksonville University 2800, University
Boulevard North, Jacksonville, FL 32211. Contact Dance Professor,
Cari Coble for questions at ccoble@ju.edu (904)256-7398.

March 2017

- 1 Mayo Clinic Parkinson's Disease and Related Diseases Support Group
"Parkinson's & Deep Brain Stimulation" with Dr. Ryan Uitti and Danielle
Porter MM, MT-BC, Neurologic Music therapist from Brooks Rehab
will present on the new Parkinson's Choir connected with their Parkinson's
Wellness Program

2, 9, 16, 23, & 30 Beaches Support Group

4 Orange Park Caregivers Meet

8 UFHealth Jacksonville Support Group



9 WCJT in conjunction with Medtronic is hosting a Lunch and Learn. Dr. Tavanaiepour and Dr. Oguh from UF Jacksonville will be presenting. Beginning at 11:30 a.m. at 100 Festival Park Avenue, Jacksonville, FL 32202 353-0770.

16 Fernandina Beach Parkinson's Support Group

** St. Augustine Parkinson's Disease Support Group — Check:
<https://www.usa.edu/p77-571-Parkinsons-Disease-Support-Group.aspx>

April Parkinson's Awareness Month 2017

1 UFHealth Jacksonville presents a **Parkinson's Disease Symposium**, 8 a.m.-12:30 pm at the Holiday Inn Jacksonville, 11089 Nursery Fields Drive, Jacksonville, FL 32256. To register, call (904) 244-9700 or visit ufhealthjax.org/pds.

1 Orange Park Caregivers meeting

5 Mayo Clinic Parkinson's Disease and Related Diseases Support Group
"Dance for Life" with Professor Cari Coble

6, 13, 20, 27 Beaches Support Group

9 St. Augustine Support Group

12 UF Health Jacksonville - No Support Groups

15 Orange Park Support Group

17, 19, 21 Fernandina Beach Rock Steady Boxing

20 Fernandina Support Group

22 **First Coast Parkinson's Run** (see attached flyer)

Start time: 9 am

Holiday Inn Jacksonville, 11089 Nursery Fields Dr., Jacksonville, FL 32256

see: <http://www.firstcoastparkinsonsrun.com>

29 **Mayo Clinic Event: Roundtable**

** **St. Augustine Parkinson's Disease Support Group** — Check:

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May 2017

3 Mayo Clinic Parkinson's Disease and Related Diseases Support Group
"Genetics and Parkinson's Disease" with Dr. Zbigniew Wszolek

4, 11, 18, 25 Beaches Support Group

6 Orange Park Support Group for Caregivers

10 UF Health Jacksonville Support Group

18 Fernandina Beach Parkinson's Support Group

20 Orange Park Support Group

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June 2017

1, 8, 15, 22, 29 Beaches Support Group

3 Orange Park Support Group for Caregivers

- 7 Mayo Clinic Parkinson's Disease and Related Diseases Support Group
"How Can Occupational Therapy Help Me with Parkinson's Disease" with
Angelica Gicalone, Occupational Therapist
- 14 UF Health Jacksonville Support Group
- 15 Fernandina Beach Parkinson's Support Group
- 17 Orange Park Support Group
- ** St. Augustine Parkinson's Disease Support Group — Check:
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July 2017

- 1 Orange Park Support Group for Caregivers
- 6, 13, 20, 27 Beaches Support Group
- 12 UF Health Jacksonville
- 15 Orange Park Support Group
- 20 Fernandina Beach Parkinson's Support Group
- ** St. Augustine Parkinson's Disease Support Group — Check:
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August 2017

- 3, 10, 17, 24, 31 Beaches Support Group
- 5 Orange Park Support Group for Caregivers 7
- 9 UF Health Jacksonville Support Group7
- 17 Fernandina Beach Parkinson's Support Group
- 19 Orange Park Support Group

**** St. Augustine Parkinson's Disease Support Group — Check:**
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September 2017

2 Orange Park Support Group for Caregivers

7, 14, 21, 28 Beaches Support Group

13 UF Health Jacksonville Support Group

16 Orange Park Support Group

21 Fernandina Beach Parkinson's Support Group

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October 2017

5, 12, 19, 26 Beaches Support Group

7 Orange Park Support Group for Caregivers

11 UF Health Jacksonville Support Group

19 Fernandina Beach Parkinson's Support Group

21 Orange Park Support Group

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November 2017

2, 9, 16, 30 Beaches Support Group

4 Orange Park Support Group for Caregivers

8 UF Health Jacksonville Support Group

16 Fernandina Beach Parkinson's Support Group

18 Orange Park Support Group

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December 2017

2 Orange Park Support Group for Caregivers

7, 14, 21, 28 Beaches Support Group

13 UF Health Jacksonville Support Group

16 Orange Park Support Group

21 Fernandina Beach Parkinson's Support Group 7

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