

Please RSVP via email to
SSciurba@KensingtonSL.com
or by calling 626-355-5700



The Kensington Sierra Madre Parkinson's Support Group

Join us at The Kensington Sierra Madre on the 3rd Thursday of every month and be part of this informative group.

Half of the meetings will be informative, but you'll also get a chance to connect with other people and engage in fun activities like dance or art.

Amy Carlson, diagnosed with Parkinson's Disease in 2012 at age 44, will be facilitating this new group. Amy is a big advocate of being a self advocate. She believes that an "Always Now" attitude is the way to tackle every day. She also knows that exercise is the cornerstone to living well with PD. She wants to be a resource for people in the San Gabriel Valley who have Parkinson's Disease as much as possible and has authored the Meetup Group *People with Parkinson's Pursuing Wellness* to help do that.



Facilitator: Amy Carlson
People with Parkinson's Pursuing Wellness

EVENT DETAILS

MEETS 3RD THURSDAY OF EVERY MONTH
From: 6:30pm – 8:00pm

at The Kensington
245 West Sierra Madre Blvd.
Sierra Madre, CA 91024
(626) 355-5700



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