

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

# Parkinson's Support Group

Join us at The Kensington on 3rd  
Thursday of every month to be a  
part of this new 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

STARTS THURSDAY, JANUARY 18, 2017

From: 6:30pm – 8:00pm

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



**THE KENSINGTON**

*An Assisted Living Residence*

SIERRA MADRE

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