



PARKINSON'S AND CAREGIVERS SUPPORT GROUP

Are you or a loved one struggling with Parkinson's disease? Come join us to receive mutual support and learn about topics, such as the following:

- Living with Parkinson's
- Parkinson's rehabilitation
- Medications, side effects, interactions and record keeping
- Exercise and healthy diet
- Coping with stress
- Current treatment trends
- And more

We will have professional guest speakers each month to answer questions and provide information about specific topics. Refreshments will be available at each meeting.

Third Tuesday of every month
2:30-4:00 PM

**Phelps Health Delbert
Day Cancer Institute
Conference Room B**

**1060 West 10th Street
Rolla, MO**

*Please contact Julie Riggs at
(573) 458-3034 for more
information and to RSVP.*