

**“FINDING YOUR WAY WITH PARKINSON’S DISEASE”
SUPPORT AND EDUCATION GROUPS**

Regular Monthly Group Meetings:

First Monday of Month: Monday, February 6, 2017 12:30 – 2 pm
The Hearth at Greenpoint: 150 Old Liverpool Road, Liverpool

Second Tuesday of Month: Tuesday, February 14, 2017 4 – 5:30 pm
Brookdale Summerfield: 100 Summerfield Village Lane
Onondaga Hill, off Velasko Road

Program for BOTH Groups:

Annual Coloring Marathon

Many choices for coloring pages will be available as well as colored pencils and pens or you can bring your own. Team up with a partner or go solo!! This will be **FUN!!**

Madison County Group

Fourth Tuesday of Month: Madison County Group 12:30 – 3 pm
Marshall Farms Foundation
1978 New Boston Road, Chittenango
Contact for Information: Martha at Marcar96@aol.com
315-655-3796 or 315-687-9014

**CNY Huntington Disease
Support Group**

Information Contact: 315-656-8598
or jmirabito1@twcny.rr.com

**Parkinson’s Dance: Moving
Through Possibilities**

Regular Classes Resume on
**Thursday, February 2, 2017 at
1:45 pm.** 117 Harvard Place,
Syracuse (near Westcott) For
Information Contact:
ParkinsonsDance@yahoo.com

ROCK STEADY BOXING CNY

A fitness program for persons with Parkinson's Disease.

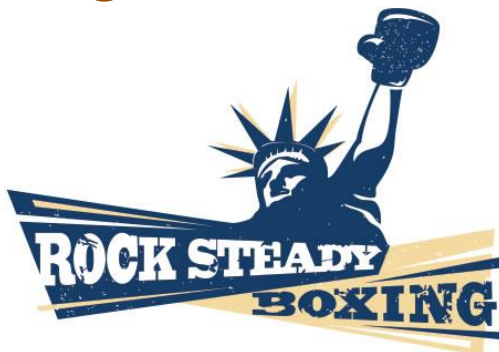


**FIGHTING BACK AGAINST
PARKINSON'S DISEASE**

OPEN HOUSE

Saturday January 28th
10am-1pm
209 Oswego St #12
(Ponderosa Plaza)
Liverpool
315-622-2332

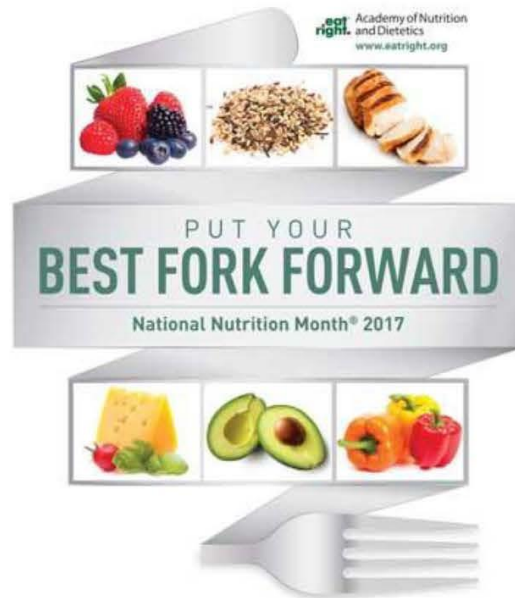
Rock Steady Boxing at The Centers at St. Camillus



Classes start February 2 on Tuesdays and Thursdays from 11:45 – 1:15 in the outpatient department at The Centers at St. Camillus, 813 Fay Road, Syracuse. For more information, call 488-2112.

The National Parkinson Foundation and the Parkinson Disease Foundation have announced a merger of the two organizations with the new name of **PARKINSON'S FOUNDATION**. John Lehr has been appointed the CEO. Contact information is: www.parkinsonsfoundation.org or 800-473-4636 and 800-457-6676.

Researchers at **SUNY Upstate Medical University** are actively recruiting subjects with recently diagnosed Parkinson's disease for a study exploring functional biomarkers. Subjects are compensated \$25 for participation and are asked to complete a detailed survey, followed by some tests of brain function, and collection of a saliva sample. The study visit can be arranged at SUNY Upstate or the subject's home. For more information, or to sign up as a potential participant, see the study website: <http://upstate.edu/parkinsonstudy/>



**Join Us for a FREE and Fun-Filled
NUTRITION & HEALTH EXPO FOR SENIORS!**

Saturday March 18th 2017, 10am – 12pm

- Light & Healthy Breakfast
- Massages
- Community Resources
- 10:00 Strength & Balance Exercise Class
- 10:30 T'ai Chi Class: Achieve Balance & Serenity
- Health Screenings
- Healthy Cooking Demonstrations and Samples

Expo Location – CNY Regional Market “F” Shed

2100 Park St. Syracuse, NY 13208 (Free Parking)

Call by **Friday, March 3rd** to Register for the Event and for one, or both, of the Exercise Classes and for Special Accommodations

Allison Lawson 315-435-2362 ext. 4987

Sponsored by: Onondaga Elders in conjunction with the Onondaga County Office for Aging