

Grande Prairie Office Hours:

Tuesday, Wednesday, Thursday
8:30 am to 4:30 pm

Support Group for People with Parkinson Disease/Parkinson Plus and their loved ones

Every second Tuesday of the month
(No group in August)
September 12th & October 10th
Wild Rose Manor - 2:00pm
Everyone welcome.

Tuesday, August 22nd

Family Potluck & BBQ

EVERYONE WELCOME!

4:00pm

Saskatoon Island Day-Use Pavilion
Bring your own drinks and chairs.
Hamburgers & Hotdogs will be provided.
RSVP to Kelsi at 780.882.6640

Wednesday, August 23rd to October Dec 13th

Voice Enhancement Group – New Session

1:00 to 2:00 at Points West Residence
\$40 per session

Tuesdays & Thursdays

***September 5th to November 23rd *(new date!)**

PWR! Moves Exercise Program

1:15 to 2:45

Reach Centre Gym

Pre-registration required as well as PT
assessment and physician clearance (for new
registrants only)

Cost: \$150 for members \$175 for non-members

Saturday, September 9th

5th Annual Step 'n Stride Walk

Muskoseepi Park Pavilion - Entrance at 102
Avenue and 102 Street

Join supporters all over Alberta as we raise
awareness and funds for continued Parkinson
and Parkinson Plus research and support!

Register yourself or a TEAM at
www.ParkinsonAlberta.ca/stepnstride

*Did you know that 55% of our association's
annual income is raised through this campaign?
That is why it is so important that our members
and clients join together to help advocate and
raise funds!

Great Northern Casino Night

Monday & Tuesday, October 16th & 17th

Looking for 28 volunteers to work our casino
nights. WE NEED YOUR HELP! If you are able
to volunteer please contact Kelsi as soon as
possible.

Supportive Counselling

If at any time you would like more support,
there is always individual or family supportive
counselling available. This can be in your
home, the Grande Prairie office or over the
phone. Please call Kelsi to schedule a time that
works for you.

**Other programs available: (please call for
more information if interested)**

- Adapted Yoga
- Nordic Pole Walking