



APRIL IS
PARKINSON'S AWARENESS MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For more information on call toll-free 1-800-561-1911 or visit http://parkinsonassociation.ca/				1. WPC Virtual: Advancing Science, Care, & Living with PD – REGISTER TODAY	2. Good Friday OFFICE CLOSED	3.
4. Easter Sunday OFFICE CLOSED	5. OFFICE CLOSED	6. DBS/Duodopa Support Group Watch Global TV for a PAA PSA!	7. Webinar: Parkinson's 101	8. Widows/Widowers Support Group	9. Social Singing @ 10 AM on Zoom	10. Talk to the Experts Edm at 11 AM on 630 CHED Calg at 12 PM on 770 CHQR
11. World Parkinson's Awareness Day Light Ups – see where	12. PD & Exercise @ 10 AM	13.	14. Under 55 Support Group	15. General Parkinson's Support Group	16. Social Singing @ 10 AM on Zoom	17. Parkinson's Plus Support Group
18.	19. Care Partner Cardio Class @ 10 AM on Zoom	20.	21. Webinar: Nutrition	22. Parkinson's 101 @ 7 PM	23. Social Singing @ 10 AM on Zoom	24.
25.	26. PWR! Moves @ 10 AM	27.	28.	29.	30. Social Singing @ 10 AM on Zoom	

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 CIRCLE OF
 HELP**



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