

Parkinson's Disease Town Hall Meeting

**A community-wide discussion!
For everyone with PD, their caregivers, family, friends and teachers.**



WHEN: Sunday, March 28th from 2:30pm to 5pm

WHERE: Berkeley Unitarian Fellowship Hall (1924 Cedar at Bonita)

PD Active invites anyone concerned with Parkinson's disease to join a discussion about how we can strengthen our Oakland/Berkeley region's Parkinson's community and empower people impacted by Parkinson's. We'll begin with refreshments and schmoozing; the discussion will begin at 3pm. Come prepared to have fun and make new connections!

Sponsored by PD Active

People impacted by Parkinson's disease (PD)

Discovering that we can improve our own quality of life

Advocating on our own behalf

Connecting and building PD communities

Transforming existing programs & services to better serve our needs

Increasing awareness about PD

Voicing our opinions with dignity and tenacity

Energizing each other to stay involved and ACTIVE!

PD ACTIVE exists to improve quality of life for people impacted by PD. We get involved in creating and improving programs that support and care for people with PD, our families and caregivers. We believe that we are our own best advocates, and that acting on our own behalf fosters independence, dignity and respect while preventing isolation and depression.



Not just staying afloat, but building a raft.....

PARKINSON'S DISEASE TOWN HALL MEETING

A Discussion and Social Gathering sponsored by PD Active

Sunday, March 28, 2:30pm – 5:00pm

Berkeley Unitarian Fellowship Hall

1924 Cedar (at Bonita), Berkeley

Free to all

Information: (510) 479 – 6119

Oakland/Berkeley based nonprofit organization, PD Active, presents an event dedicated to helping connect, empower and mobilize individuals impacted by Parkinson's disease (PD). This event will provide a unique opportunity to learn about PD Active's programs and the potential of community oriented self-managed care.

The afternoon will begin at 2:30 with refreshments and an opportunity to meet each other and make new connections. The presentation/discussion will begin at 3pm. PD Active will present information and materials about the classes and activities they offer, including short performances and demonstrations highlighting the creative work being done. The focus of the discussion will be to open new channels between PD Active and the larger community. Those attending will have an opportunity to get involved, either as direct participants in the programs, or as volunteers.

Founded in 2008, **PD Active** is a unique non-profit organization created by and for people with Parkinson's Disease (PD) to offer physical activity and arts programs that help improve the health and well-being of those affected by PD. PD Active's mission is grounded in the belief that engaging in active community-building helps foster independence and dignity for people who may otherwise feel socially isolated due to illness. Because of the program's positive impact on participants' overall health, the emerging East Bay Area PD community is finding new hope and vitality as they engage in managing their own care and improving their own quality of life.

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The inspiration to form PD Active came soon after a group of Parkinson's patients participated in an exhilarating series of dance classes at Danspace in Oakland in the Fall of 2007. Taught and developed by dancers from the prestigious **Mark Morris Dance Group** in Brooklyn, NY, "***Dance for Parkinson's***" is an innovative program that provides not only physical activity, but an inclusive social experience for people with Parkinson's.

These initial dance classes received an overwhelmingly positive response from the East Bay Parkinson's community. Through the use of questionnaires, PD Active's founders learned that the classes brought a feeling of joy, possibility, and empowerment. Energized by this enthusiasm, PD Active collaborated with **Oakland's Danspace** and the **Berkeley Ballet Theater** to launch "***Dance for Parkinson's***" programs at each institution, funded with the help of grants from the **Gould Family Foundation** and the **UC Berkeley Chancellor's Community Partnership Fund**.

Several other programs were also started, including a **Yoga Program** for people with PD (funded with support from the **Yoga Dana Foundation**,) a monthly "**Parkinson's Salon**," a **Support Group**, a **Theater Workshop** and a series of informational classes, "**Living Well With Parkinson's**," at **Kaiser Permanente** (taught by people with PD) and a walking group called "**Keep Moving**."

In addition to program development, PD Active has registered as a California non-profit corporation and received 501(c)3 tax exempt status. With its database of over 200 Bay Area residents affected by Parkinson's, PD Active keeps the local PD community informed about upcoming activities and events via a monthly newsletter.

PD Active participants are building a collaborative agency for positive change in the Berkeley-Oakland PD community. PD Active believes that its success is inspiring both people with PD and the broader community, putting Parkinson's on the radar and demonstrating the benefits and power of staying involved in our own care.