



Annual Town Hall Meeting

PD ACTIVE PROGRAMS ARE DESIGNED TO KEEP OUR MINDS, BODIES AND SPIRITS MOVING.

“Exercise for individuals with Parkinson’s disease...is as much a part of the treatment program as the medication.”

—James W Tetrud, MD,
The Parkinson’s Institute

“Walk every day. Learn something new every six months, Have a goal that is bigger than your symptoms...”

—Han Lee, MD, Movement
Disorder Specialist,
Kaiser Permanente

Our programs and activities are always evolving. Sign up for our newsletter and calendar at www.pdactive.org and stay up to date.



WHO WE ARE

PD Active is a 501(c)(3) non-profit organization by and for people with Parkinson’s disease in Berkeley, Oakland, and the East Bay. We are a community of people and programs dedicated to supporting the physical, cognitive and emotional health of people with PD and their loved ones.

- Fostering independence and dignity
- Energizing each other to stay informed, engaged, and **ACTIVE**

CONTACT US

- Questions about PD Active
- New to the community
- Newly diagnosed
- Inquire about programs resources, classes, and events
- Want to volunteer
- Donate

PHONE: (510) 479-6119
EMAIL: info@pdactive.org
WEB: www.pdactive.org

PDActive ▶

By and For People with Parkinson’s Disease



BY AND FOR PEOPLE WITH PARKINSON’S DISEASE IN THE EAST BAY

Keeping the East Bay Parkinson’s community engaged, informed and **Active**

PD Active Community in Action

MEETINGS & MEET-UPS

PD Support Groups: A safe space to share experiences so we can learn from each other, problem solve, and become stronger. Open to all people with Parkinson's (PWP). Groups in Berkeley and Oakland.

Care Partners Support Group: Participants speak frankly about concerns and challenges in caring for loved ones with PD. Open to care-partners only.

PD Active Cafe: A no-host social gathering /coffee klatch held at a local cafe. Get to know others affected by PD. Family & friends welcome.

PD Active Salon: Informally share writing, other forms of expression, and information about living with PD in a mutually supportive environment. Open to all.

MOVEMENT | EXERCISE | MEDITATION

Yoga for PD: Yoga adapted for the needs of people with PD. Emphasizing opening and stretching against rigidity; breathing and fluid movement; working with balance; and practicing relaxation. Open to anyone with PD. Weekly.

Mark Morris Dance for PD®: Combines elements of modern dance, ballet, & improvisation to create a fun, stimulating, non- pressured artistic experience. Presented in association with Danspace. Open to PWP, care-partners, family and friends.

The Tremolos: Sing! Chorus led by professional voice instructor. Learn breath control, pronunciation; improve your speaking. Open to PWP, care-partners, family and friends.

Hula for PD: Hawaiian Hula dance classes for PWP, care-partners, family and friends.

Heart Circle: Guided meditation, discussion of topic of mutual interest, social tea and goodies, sharing our hearts. Open to people with Parkinson's (PWP).

EVENTS

PD Active Forum: Speakers present information and educational topics relevant to the PD community.

Town Hall: Annual "social and civic" meeting of the PD Active community. Learn about programs, meet new people, share ideas, do a little fundraising. Open to all.

Picnic: Just plain fun. Good food. Good cheer. Occasional kazoo interventions. Open to all affected by PD, care-partners, family and friends. Annual.

INFORMATION SERVICES

Newsletter: Informs the PD community of events, resources, opportunities: local, regional, national and international. Monthly.

Calendar: Keeps the PD community up to date on PD Active classes, meetings, and events. Monthly.

Website: Learn about PD Active as well as most recent information on resources, issues, events, opportunities: local, regional, national and international.

Information line: Questions about PD Active? Newly diagnosed? New to the community? Need information about PD Active programs, classes, and events? Talk to a PD Active volunteer. Open to all.

