

**AMERICAN PARKINSON DISEASE ASSOCIATION**

Information & Referral Center

c/o NYIT College of Osteopathic Medicine

P.O. Box 8000 – Northern Blvd. Old

Westbury, NY 11568

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516-686-1002 [www.liapda.org](http://www.liapda.org)



In case of inclement weather on support group meeting dates, call 516-686-1002 for cancellation notice.

**Walk With Us!**

Optimism Walks are part of a nationwide movement to mobilize and inspire people to step up and help put an end to Parkinson's disease.

<http://www.apdaparkinson.org/optimism-walks/>

**NASSAU COUNTY  
PARKINSON'S SUPPORT  
GROUP MEETINGS  
FOR PATIENTS & CAREGIVERS**

**NYITCOM OLD WESTBURY** Support Group - **Friday January 19<sup>th</sup> (3<sup>rd</sup> Friday) 2:00 PM** Riland Building - Northern Blvd., Old Westbury, NY

**FLORAL PARK** Support Group - **Monday January 22<sup>nd</sup>**  
**Amanda Braadt – Recreational Therapy and Parkinson's disease**  
**1:00 PM** - North Shore Towers, 272-40 Grand Central Pkwy., Floral Park, NY  
Tower 3 – Coleridge Room

**ROCKVILLE CENTRE** Support Group - **Thursday February 15<sup>th</sup>**  
**1:00 PM** Mercy Medical Center, 1000 N. Village Avenue  
**Medication Management and Parkinson's Disease**  
Rockville Centre, NY (LIJ Conference Room)

**PLEASE NOTE:**

**Parkinson's Disease Spotlight Webinar Series**

Visit APDA online to gain access to a special series of educational programs that provide insight into the treatment & management of PD symptoms and quality of life. These programs are archived to offer the option of listening at your convenience.

<http://www.apdaparkinson.org/webinar/>

**Join the APDA email list**

Each quarter, you'll receive our e-newsletter, filled with important information, advances in research, and inspirational stories about Parkinson's disease. You'll also receive APDA's quarterly "Healthy Living Tips," with exciting new ways to help **Ease the Burden – Find the Cure** for anyone living with Parkinson's and for all those who are caring for a loved one with Parkinson's.

<http://action.apdaparkinson.org/p/salsa/web/common/public/signup>