



Support Group for Individuals with **Parkinson's Disease (PD)**

Support Group for **PD Caregivers**

**3rd Wednesday of
the month**

10:30am-12:00 pm

**Xenia Community
Center**

**Rooms 407 & 408
1265 W. Second St,
Xenia**

*"You can't imagine
how much this group
means to us"*

— a PD group participant

If you need transportation,
please contact the Council.

For more information on this
support group, or services and
resources for caregivers and
seniors, please contact the
Council at 937-376-5486 or
YourFriends@gcco.org

What is a support group? It is a gathering of people facing a common issue to share experiences, offer support, encouragement, and comfort to the other group members, and receive the same in return.

Two support groups are held at the same time:

- A group for those with Parkinson's Disease (PD) or Parkinsonism
- A group for family members & friends caring for a loved one with PD

Both groups are facilitated by GCCOA team members and provide a safe and caring environment for sharing, learning and support.

Movement Class

Join us for a movement class aimed specifically for individuals with Parkinson's Disease. Caregivers are welcome too! Class is held on Mondays from 10:30am to noon at the XCC. Reservations are required. Please contact Jeff at 937-376-5486 ext 112 or jeff.s@gcco.org

